

Alternative Grocery Shopping near Main Campus

Lance Editor

Yeah yeah, we know, there's two big box grocery stores on Huron Line with everything you need. Sure, they're cheap(ish), have satisfying variety, and both smell like bathroom cleaner, but what if you want something within walking distance or less clutter and screaming children?

Que these gems! Some of which are close and affordable and some even boasting a solid student discount. Let's take a look at what produce we can pick up close to main campus.



3242 Sandwich St.
Mon to Fri 9 am - 8 pm | Sat 9 am - 7 pm | Sun 10am - 6pm
[facebook](#)

A quaint, independently owned and operated grocer, Westside Foods has always been the go-to spot for students living in Sandwich Towne. For a small market, the variety is surprisingly sufficient. You have all the big brands at your convenience, but swell old fashioned Ontario-grown products flood the shelves with their local goodness. Considering their ownership, prices at times may be a bit hiked compared to big box stores, but their student discount definitely levels that out. Although it may be a strut for some living off of Wyandotte, it's worth the walk if you're a *support local* kind of person!

Student Deal: Spend \$40 or more and get 10% off your total, any day of the week!



2451 Tecumseh Rd. West
 Mon, Tues & Sat 8am-7pm
 Wed, Thurs & Fri 8am-8pm
 Sun 8am-6pm
[facebook](#)

Joeph's works for just about any type of shopper. Supplying local produce and having a separate shop strictly dedicated to your inner carnivore is quite the people pleaser.

Student Deals: Download Flipp, this place updates their discounts daily.



If you're an International student, odds are you're already sick of Americanized food. Miss grub from the homeland? Look no further, the eastern hemisphere is here! From Korean sweets to live meats, there's something for everyone. But for real, Multifoods has the most diverse selection you'll find in Windsor and it's really not too far from campus.

Protip, if you've never been to an international-type market, be cautious but open-minded... try not to stare into the crab bucket for too long, it's like a scene out of the Walking Dead in there.

Student Deals: changes often.



2268 Wyandotte St. West
Everyday 9 am - 5 pm
facebook? yea right.

Your classic Italian market and deli. Without a doubt, it's the closest grocery store with quality products, but the small selection hinders most from making this their go-to spot. Nonetheless, if you appreciate the charm of Italian style grocers, this place makes for a perfect quick pick up for a last minute meal.

Protip: Their infamous "Monster Sandwiches" are delicious and exactly as advertised, but if you ask anyone they'll all say the same thing, "STEP UP YOUR BREAD GAME GIGLIO'S, YOU'RE THIS CLOSE TO BEING 10/10". Trust me, word for word.

Student Deals: Nope.

Tags:

Most Interesting Clubs at UWindsor 2017-2018

Lance Editor

With close to 200 student groups, there is no shortage of UWindsor clubs with interesting flair. We dedicate this one to the creative communities at the University of Windsor. Let us raise our glasses to some fellow Lancers, honouring them for adding some much-needed personality on campus.

For more information about clubs, please visit: www.campusvibe.com/uwsahub



That is correct, we have a club that stuffs birds.

As quoted from their page on the UWSA Hub, the club's main goals are to "enhance the experience of Science and Art students on campus by offering a place where students can learn about local avian wildlife and Museum techniques."

Not only do members actually engage in taxidermy techniques, but club leaders aim to educate their members about bird biodiversity and identification. This, in fact, is a great asset when planning for a future in wildlife biologists, veterinarians, and possibly a career in the mortuary sciences.

Follow them on them on Facebook for events, updates, and content you may not be able to unsee!

Super Smash Bros. Weeklies

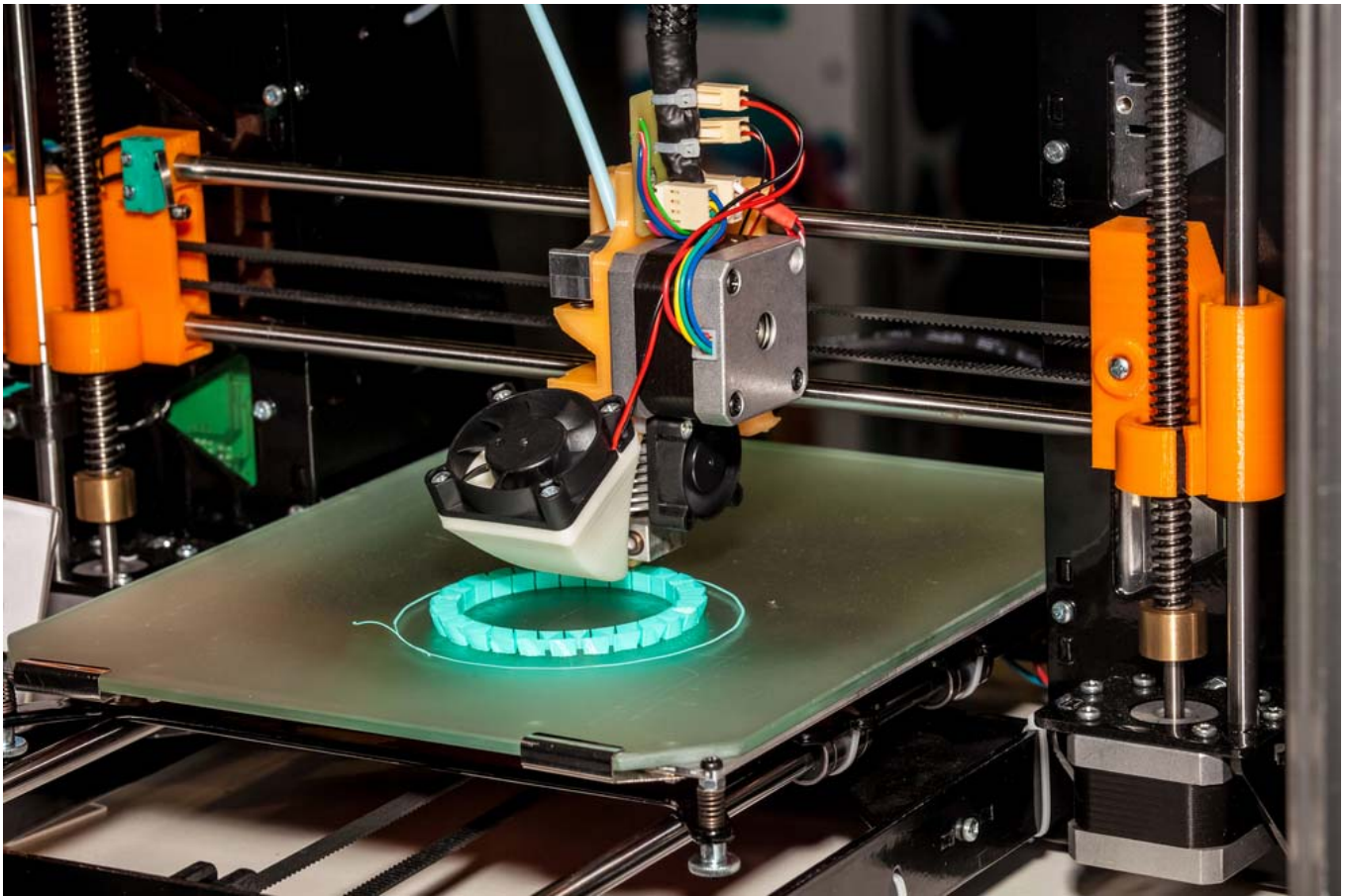


Yes.

A club dedicated to meeting once a week and playing Smash is a thing on campus, however, it's much more than that. The leaders of this group focus on the technological aspects of playing this Nintendo classic, bringing in and test old tube tv's every week for the best quality graphics.

Needless to say, awesome group, quality leadership, good times.

[Join it!](#)



Meet Mr. Nicolas de Cosson, Club Manager of the UWIN_3D Print Club. Aside from being a hot shot artist from Toronto, Nicolas regularly practices digital wizardry, which in turn has helped him in creating masterful 3D printed dragon heads. He declined to comment on the compelling correlation of wizardry, dragons, interests in dimensions, and heavy knowledge of digital technology. Is Nicolas a time traveller? Possibly.

Regardless, Nicolas stresses how the club provides a space for creativity and innovation, which he believes supports academic growth as well as a sense of culture. It provides a common space for like-minded people to get together and print the whatever the imagination has in store.

[Join it!](#)



"Want to learn Bollywood Dancing?" is obviously something you hear at least once during a 4-year undergrad, it's an essential part of the University experience!

DDA provides a fun-filled introduction to the culture, versatility, and glamour of South Asian Dancing. The newly established club combines different forms of dance with a heavy focus on Bollywood, Bhangra, Classical and South Indian styles.

[Hub Link](#)

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GUIDES

Where Can I Drink and Eat for Cheap?

By Michal Tellos (previously run in the Windsor Independent)

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New to the city and already sick of school and public transit? Let's break down a week in Windsor for you.

Welcome to Windsor, students, or anyone else who's chosen to call Ontario's answer to South Beach home this month. It's not a city that jumps out at you, but there's a lot to love if you just scratch the surface a little.

You'll have plenty of time to find your own watering hole or eatery on the weekend, so below I've broke the city down by day to give you the cheapest place to eat, drink, and attempt to be merry on any dreaded week day.

MONDAY

I know what you're thinking: what could possibly make Monday better? Let me try. Just off-campus is one of Windsor's gems: The Garden, a pan-Asian restaurant that is totally vegetarian and almost entirely vegan. They serve up delicious vegetable dishes, but also plenty of meat-substitutes that would fool most people. The General Tso's chicken and spicy eggplant are must-orders. Enjoy a ten per cent "Meatless Monday" discount each week.

Now that you've eaten healthy, it's time to drink. Phog, one of Windsor's best small music venues, is just a few minutes northeast. Phog has open mic every Monday at 10 pm, and it's truly a showcase of Windsor's best, weirdest, and most wildly entertaining. It's packed most weeks, and it's probably because every open mic also has five dollar pints all night. The beer selection is great and the price and experience can't be beaten, but don't cheap out totally. Tip Joe!

TUESDAY

You've already heard about Windsor pizza, so if you've been able to wait until Tuesday, you'll be rewarded. Terra Cotta Gourmet Pizzeria, on Pelissier St., is a downtown fixture that's been tossing thin crust pizza for years, and on Tuesday, you can enjoy two pizzas for the price of one, which makes it easier for you to explore their whole menu with a group of friends, or on your own after you failed your midterm. Can't make it Tuesday? No problem, students exclusively get the same deal on Wednesdays. They're also one of a handful of pizzerias in Windsor that offer vegan pizza, with Daiya cheese, or gluten-free crust as well.

One of Windsor's coolest spots is right next door. Craft Heads is a brewery primarily, but it also happens to serve some of the best coffee in the city. Go for a pour over or their cold brew – made in house. Or, with pizza, enjoy any of their freshly brewed beer. They've usually got about twenty to pick from, ranging from fuzzy peach to salted caramel. On Tuesday, you can even order Terra Cotta right into Craft Head so you can build your buzz while you wait.

WEDNESDAY

Hump Day is big in Windsor, and after eating all that vegan food the first two days, it's time to cave and dive into the meat. Rock Bottom Bar and Grill is just off campus and has been serving two-for-one wings every Wednesday since 'Nam. They're truly some of the best in the city, and the beer selection is even better. The kitchen is open until 1 AM, you should either show up really early or really late to guarantee a spot. Lines out the door aren't uncommon, and neither is people setting up camp for the night once they've secured a table.

If you're still hungry and you've got some loose change left, head down to The Windsor Beer Exchange. Their slider-oriented menu is great, but on this day, you're much more likely to go in for their wings and waffles deal. A couple of those with some inexpensive add-ons and you should be ready for the second half of the week. If not, sample their idiosyncratic beer menu or shoot some pool/hoops.

THURSDAY

On the second Thursday of every month, make sure to head down to Villain's Beastro. I know! Just once a month? But their SNOT (spectacular night of trivia) is a game show style of wild trivia where dedicated teams compete against one another for a variety of prizes, and even amongst the landscape of Windsor trivia, it's an event not to be missed.

FRIDAY

Time to reward yourself for a week in the books in Sin City. Head downtown and don't leave until 3 AM.

Start by having dinner at Snackbar-B-Q. Snack is a small barbecue joint on Chatham St. E., and they offer an unreal selection of chicken, pork, and ribs, for decent prices. It's enough to share, and if you're not into meat, they've got a couple of pretty neat vegetable options. Try the brussel sprouts or fried green tomatoes, even if you do eat meat.

Once you've eaten and loosened up with some Snack cocktails, head over one block to The Rondo, Windsor's newest dance club. Friday, their indie dance night, often draws the biggest crowds of the week, and it keeps on filling up right up to closing time. There's no cover until 11 pm, and even then, it's "Windsor cover," which is a mere five dollars. Dance and sweat out the barbecue and week's worth of frustration with everyone else. The dance floor is loud and massive.

You're drunk and you're hungry again? That's crazy talk! It's also shawarma time, Windsor's other world famous export. Don't get too caught up in the crazy lines at Shawarma Palace, go slightly off the main strip to Shawarma Kingdom or Shawarma Queen. What they lack in crowds or size, they make up for in garlicky, pickled slop, which speaks to everyone's base instincts in that time of need. Also, make sure to be a pro. When someone is in tears because they can't decide between beef or chicken, do what the locals do and ask for it mixed. Get the microwaved garlic potatoes if you must. Enjoy Windsor. Eat lots.

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Where to Wander Outside of Campus

Lance Editor

It's inevitable, we all need to escape campus life for a little while. Well, you're more central than you think when it comes to living in Windsor! Being a border city allows access to some American gems within a few hour range (Chicago or Cedar Point anyone?). Moreover, give yourself the chance to become more familiar with your surroundings. From chill parks to unique neighbourhoods, get out there and explore.

Clear your mind, recharge, and wander into some lovely spots within reach.



Sure, mountains would be a cool backdrop, but the astonishing proximity of the Detroit skyline is something to soak in and admire. Rich with history, it's a collage of stunning art deco aesthetic and human achievement... even if the GM building throws the view off by looking like an 80's Sci-Fi rocket launcher, it's still badass. However, don't just admire Detroit from afar, go to it.

You have the amenities of a metropolitan city within reach, try and take advantage of it. Take the [Tunnel Bus](#) and do as the Detroiters do! Slam a pint at [The Ol Sheleighy](#) and take their shuttle to a Tigers game. Indulge into the hipster-ness of Midtown and show how our neighbours at Wayne State University how to party. Get lost in [The Belt](#) or any other art complex in the area. Lastly, don't miss your favourite artist! Keep up to date with the [plethora of concerts](#) that the city continually churns out.

Detroit's not a scary place like yo' momma told ya. This city one of the most historical and culturally dense places in the U.S and it's currently undergoing an extraordinary revitalization movement. Obviously, stay safe and don't be an idiot. Like any city, there are areas you want to avoid, so be mindful of that. Make sure you know the best route to take before you try and find a solid Coney Dog joint ([Lafayette](#) > [American Coney](#)).

Having said that, the U.S is being pretty weird right now, and crossing the border can provoke more anxiety than those dreams you have about missing an exam. I'll leave it to your discretion if you want to visit within the next 3 years.



Straight up, compared to some cities its size, Windsor's natural and forest landscape is pretty weak. Good thing there's a place 40 minutes away that makes up for it.

Being located at the southern-most point of the Canadian mainland, Point Pelee sits on the same latitude as Rome and Barcelona, thus gifting the National Park with some of the rarest plants and animals in the country. Grab some bikes and head to "The Tip" to claim your 2-minute title as the lowest person in the country.

Point Pelee is a great place to find your zen. Take your time and notice that you've successfully removed yourself from a hectic campus environment. Chill out and skip some stones. Do this before finals and thank me later.

Bonus – the water is actually swimmable here compared to everywhere else in Windsor! Just to be safe though, keep your head above water, literally.



This grassy wonderland is perfect for a quick escape. Only minutes from main campus, Malden Park is a prime location for a nature nap and a frisbee game in the warmer months. Any Windsorite will tell you the park is a solid first date spot, so woo your significant other with a walk through the gardens while avoiding angry geese.

Malden Park is home to both Windsor's highest elevation point (a whopping 90 meters) and concussions per capita (probably). Nicknamed "Suicide Hill", tobogganing at here may guarantee a bloody nose but is an essential part of your "outer-campus" experience. As long as your not as high as the hill itself, you should be good.



Dubbed the city's hip and happenin' neighbourhood, Walkerville always has something to do. Taste Windsor's finest at [Walkerville Brewery](#), eat yourself sick at the [Night Market](#) or stroll through Willistead park (pictured above), to name a few.

Although Walkerville is predominantly considered to be apart of the Wyandotte corridor, the area stretches into two other unique neighbourhoods: Erie St. and Ottawa St. Known as "Little Italy", Erie St. is stacked with mouth watering cuisine and Euro-style bakeries. Ottawa St. is a quaint shopping district, fostering two dope pizza places ([Krusty's](#) and [Riveria](#)), an array of tattoo parlors, and Windsor's only [comedy club](#).

You can't really go wrong when wandering through this place, it's home to some of the best food and beverage joints around, with solid year-round festivals to boot.

Tags:

Existing on Campus Vol.1

Lance Editor

by Selina McCallum
The Lance – Photojournalist

While some of us have the luxury of taking a car, bus or train ride to visit or return home from school, International students do not. They are miles away from their home, family, friends and everything that is familiar to them. Windsor becomes a whole new world for them where they can go on adventures, learn from their mistakes, and grow into an independent person. Below are 5 international students from 1st year to 4th year that were interviewed by The Lance about their experience being at the University of Windsor thus far.

"Existing on Campus" is an 8 part photography series highlighting the different cohorts of students attending the University of Windsor. This series aims to create a certain sense of human acknowledgement, realizing that every passerby on this campus is living a life as vivid and complex as your own.



Major: 2nd-year Business Administration and Computer Science
Home: Trinidad and Tobago



What do I miss about home? The breeze, the sun, the beach, the food, the people, the culture, the language - just the things that make Trinidad, Trinidad.



For the long-term, I would like to start my own company through the university. I like to seek problems and create a solution towards it. The university offers a program through the EPICentre which allows me to pursue this goal. In the long term I plan to expand this company globally and take the proceeds to donate to my country in order to help it become a first world country. I also have goals to innovate most African countries so that they can be independent.



***Major: 3rd-year Digital Journalism and Communications, Media and Film
Home: Nigeria***



The weather. In the winter I try to stay at home and only leave if I have to go to class. After class, I go home immediately and turn on my heater because it's really, really cold for me.



The relationships among students and the interactivity amongst people here is what I admire most at the University of Windsor. I'm a general member in the Nigerian Students Alliance and I like that we support and advocate for Nigerian students. As far as my program goes, my favourite aspect is covering stories and getting updates. I love when I get first-hand information.



Major: 1st year Business Administration
Home: China

My parents, my family, and my dog, Dodo, are things I miss most about home. When I came to Canada in the first couple days, my mom called me twenty times a day. It made it hard because I can hear her voice but I cannot see her. Now I am settled and we talk every week.

I've always wanted to be an independent person and when I'm away from my parents for a while in China it feels good because I feel like I'm an adult. However, coming to Canada, everything is so different, I have to plan my spending and manage my time alone, all alone. The International Student Centre is there for support. When I need help I go to there and they help us.



Major: 4th year Communications, Media and Film
Home: Bahamas



I miss the weather. I miss being able to drive whenever I want to. I miss my friends a lot too.



When I first came I moved into Alumni and the RA (Resident Assistant) made my feel really welcomed. We built a relationship and I met more people through him because he introduced me to the Caribbean group, CAOS (Caribbean and African Organization of Students). I made some of my closet friends through CAOS. CAOS takes my mind off of being homesick sometimes.



Major: 1st year Computer Science
Home: Nigeria

I miss Nigerian food although I would never try to make it myself. Fun facts? My favourite artist is Kendrick Lamar. For fun I like to play soccer.

Tags:

Existing on Campus Vol.2

Lance Editor

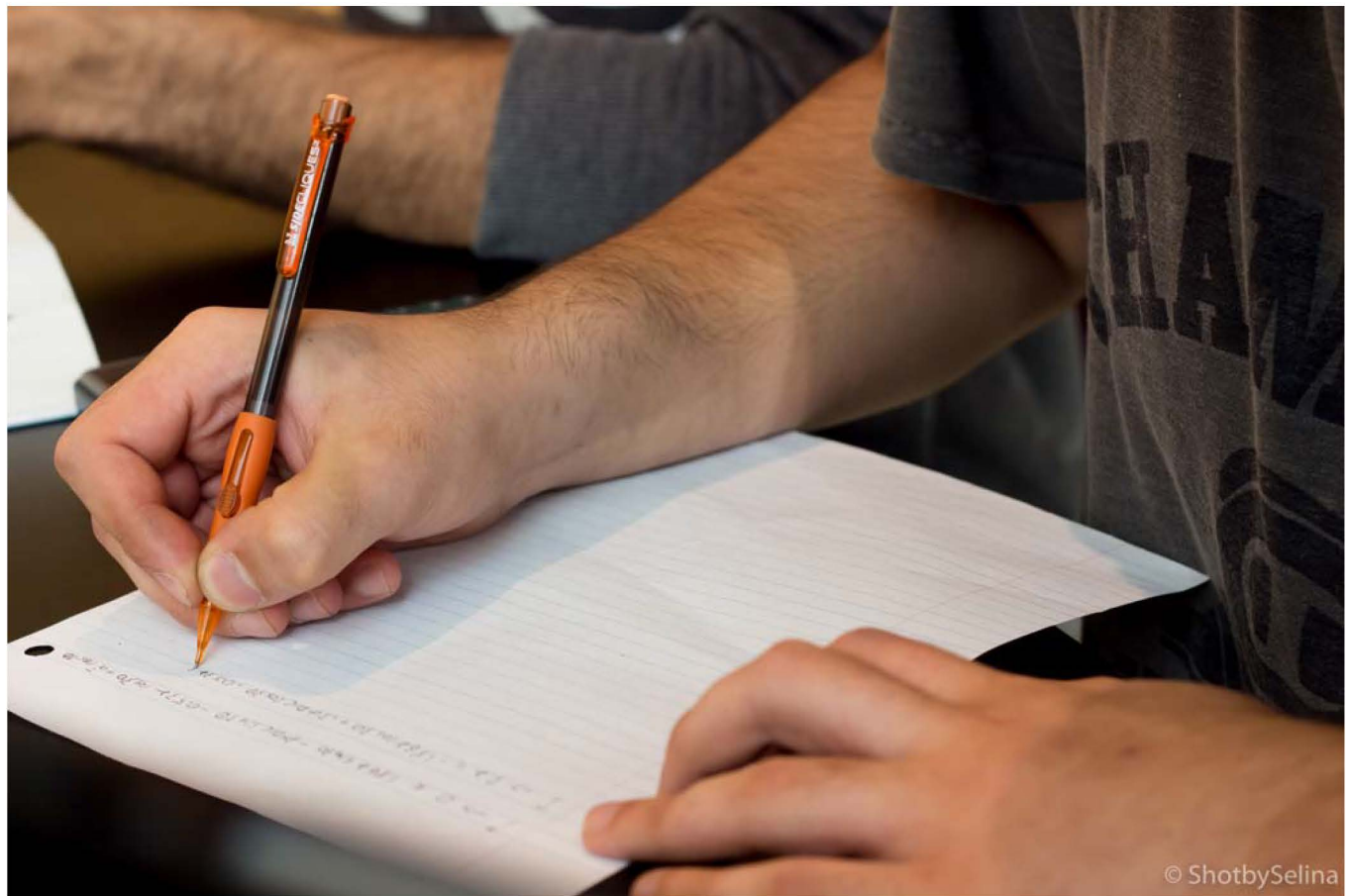
It's 2 a.m. and your exam is at 8:30 a.m., yet you still want to stay up at least half an hour more to study before you try to get some rest. Most of us have all been in a similar situation. Whether we've been studying all week or just the night before, we study to do the best we can (or at least just pass). The temptation of binge-watching episodes on Netflix or going to bed may be on our minds, but we choose not to because of something more powerful – the reason behind our motivation to study. The Lance asked students on campus what or who is their motivation to work hard and study long hours into the night (despite the eye bags and mental exhaustion).

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Program: 2nd Year Mechanical Engineering



Hamza and his friend, Yusuf Aktas, were frantically studying for their Dynamics exam before I approached them to ask if they had a few minutes to be disturbed for a few photos and an interview. They both paused for a second before agreeing that they could spare a few minutes.



Hamza is a transfer student from the University of Manitoba but is originally from Pakistan. Hamza is not receiving funding from OSAP.

"The government doesn't pay for me to be here, my family pays a lot for me to be here. I work hard because of my family. Doing well is what I can give them in return."



The night before Hamza had slept at 5 a.m. and was on campus in the morning for 10:30 a.m.

"Every time I talk to my parents they tell me, 'Don't care about the expenses, just focus on what you wanna be. We'll be happy to see you in a better place.' When they say that it means everything to me."

Program: 2nd Year Business



Reem loves that her program brings out both the business and social world combined. She finds that the program helps students develop their communication skills.

Reem studies hard because she hopes to make an impact in someone's life the way her father did for her. "My dad gave me a lot of opportunities and I would hate to see that go to waste or take that for granted. So, changing someone's life like how he changed mine is my goal."



“One day I want everyone to be like, “Damn who is that?” I want to show girls that it’s already been done and that they have a role model to look up to.”

“One word I would use to describe my future is ‘inspiring’.

Program: 2nd Year Criminology and Psychology



The two things that motivate Jason is Kobe Bryant and the show Suits. When he thinks of a player who has perseverance, good work ethic and dedication, he thinks of Kobe Bryant.

"When people don't think I can do something, I just remember Kobe Bryant. When he first went to the league, people didn't think he was going to amount to anything. For me, when I went to high school, people thought, 'this is just another black kid from the ghetto that's gonna disobey the rules.' But just like Kobe Bryant excelling over the years, my grades also improved each year."



Blocking out the negative noise and focusing on the one thing that motivates you can make a great difference.

"Kobe won the championship when people didn't believe in him. I got into university when people didn't believe in me. I'm proud of myself."

Binge watching episodes on Netflix may not be a bad thing if it's also a motivation for doing well in school. Jason adores the show *Suits* as it helps him picture who he wants to be in the future.



"In the show, Mike and Harvey know their craft really well. I look at the syllabus to know what chapters I should read before class so I am prepared. When the professor is giving a lecture on the subject, I already know what he's talking about."

"When something happens unexpectedly in the show, Mike and Harvey are on their feet and they know how to handle the situation. I want to be just like that."

Program: 3rd Year Nursing



Many nurses drop out after their second year because they can't take the pressure or they don't have the passion for it, but Michelle works hard to be the best nurse she can.

"I study hard for myself. I want to ensure I know what I'm doing when I'm in the job and I'm helping my patients."

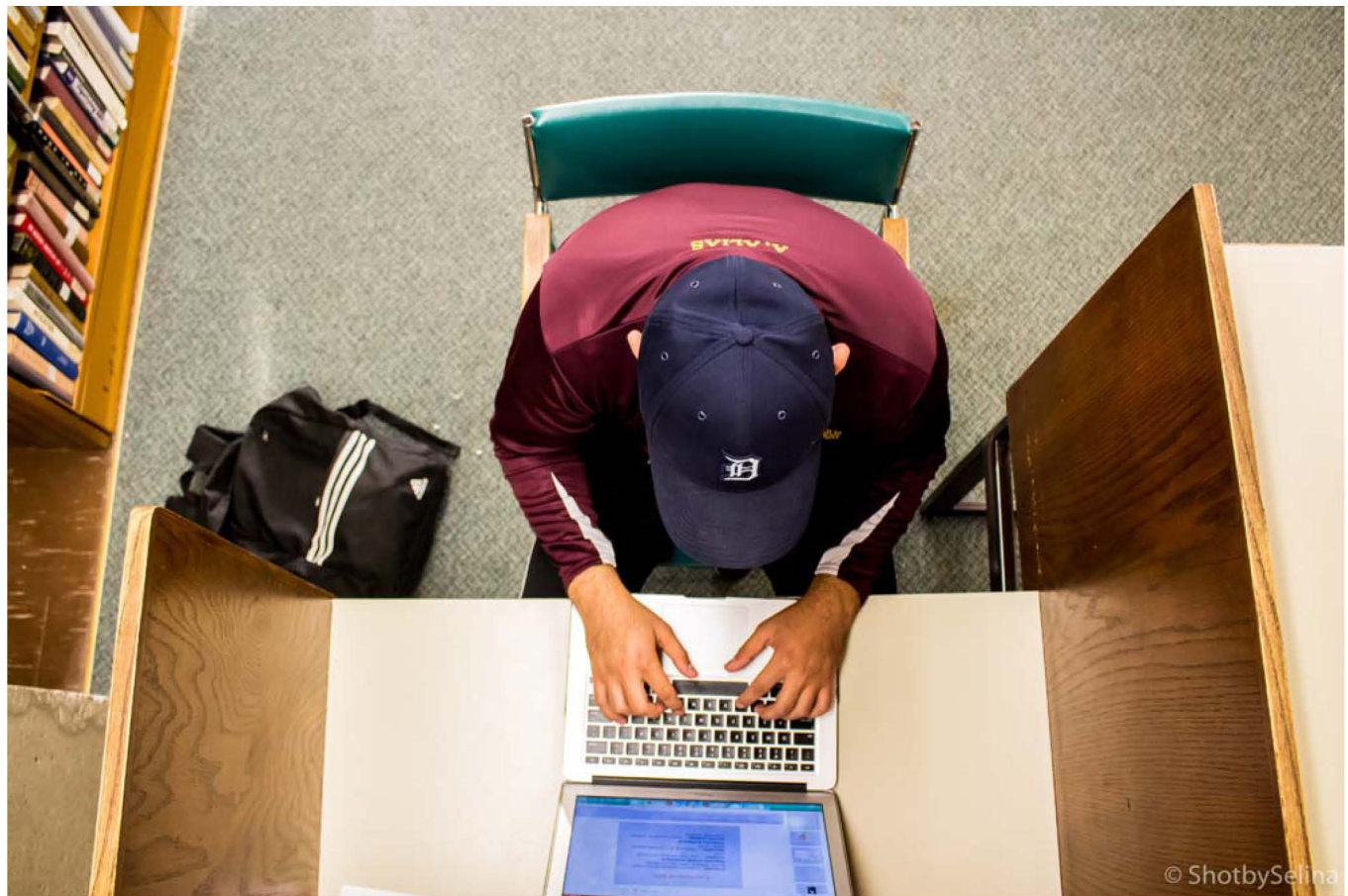
Like most of us, Michelle's inspiration for studying is "getting good grades and graduating."



She knows that no one but herself can help her get there. When she thinks of her future, she sees herself being a nurse.

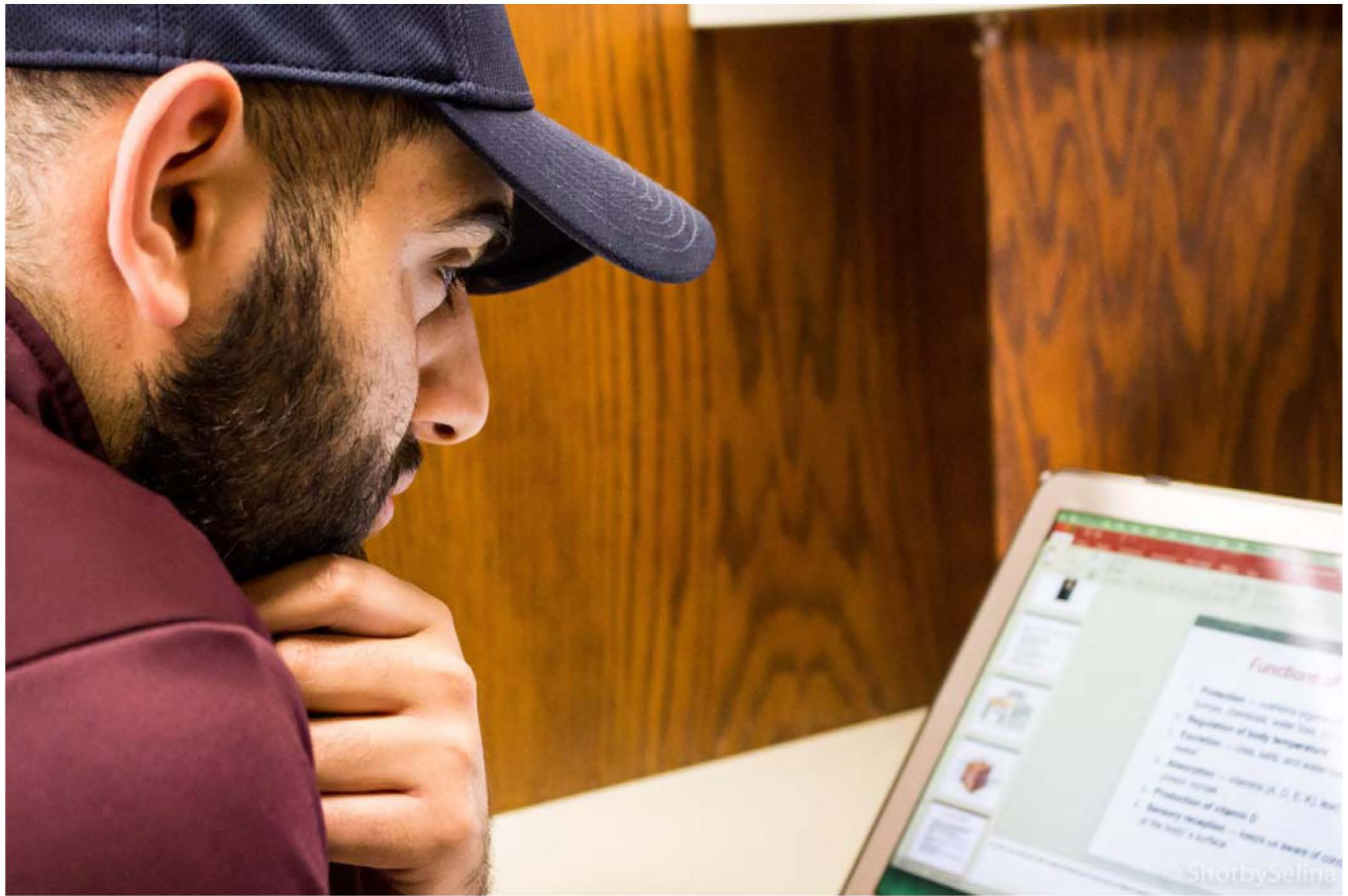
“When I graduate I’ll be relieved, stress-free and just happy.”

Program: 4th Year Human Kinetics



"My parents tell me, 'Just work hard as much as you can. Sometimes things don't go as planned like you don't get the mark that you want, but that doesn't mean you should give up. A mark doesn't shape who you are or your character.'"

Anjel's parents inspired him to work hard because they've provided him with everything that he needs. His goal is to get into a career in the medical field, but his main goal is to get into physiotherapy. He thinks Human Kinetics is great as it teaches him about the sports side, the health side, and society at the same time.



"As I grow older I want to ensure that I'm good with people, always helpful and that I remain in contact with as many people as possible. I also want to try to work hard as much as I can."

"I've grown up watching my parents work very hard for their future and what they do for each other keeps me motivated. I just stay positive as well as I can."

Anjel had a message for his parents. "Thank you for the life you've given me. Thank you for teaching me all the lessons that got me here where I am."

Program: 3rd Year Business



The library isn't the only place where students go to study. Mark was in a classroom by himself in Dillion Hall.

"I usually study in Dillion with a couple of friends. I find that no one is in Dillion so it's great because there is a whiteboard and a projector. This is the place to be."



Mark also mentioned that he and his friends know of another building which is empty and perfect to study in but wouldn't disclose the name.

"We come to Dillion and one other building which has one room that no one is in."

From biology to business, Mark's parents have stuck by his side, supporting him on his journey to find what he has a passion for.

"I want to get my education to start making money for myself and paying my parents back."



"My parents always tell me to keep going and keep focused. If I get a bad mark they'll be hard on me for a little bit, but then "they'll say you'll get it next time".

"My future will be extremely bright. I need sunglasses half the time, it's so bright."

Tags:

Existing on Campus Vol.3

Lance Editor

For the next instalment of this series, The Lance interviewed students on campus who have visible and invisible disabilities. Below are their stories of what it's like to have a disability, their experiences, and interactions with people. This article cannot speak for all people who have a certain disability such as ADHD or an anxiety disorder, but it is a step in learning about one person who has it, to empathize and begin to understand someone else who does too. But first, get to know a little bit about Ocean, Joshua, Kylie and Blake.

OCEAN CONNOLLY, 4th Year Psychology



If you ever saw Ocean Connolly around the U, you'd see her best friend and therapist by her side.

Andy is Ocean's service dog. She adopted him from the humane society about four years ago and worked with a trainer to get him certified.

"If I'm starting to struggle or if I'm starting to panic or disassociate, he's there to ground me. When I touch him, pet him, it keeps me present. I can focus on him and because he's not another person, I don't have to worry about him judging me."

Connolly speaks on the difference Andy has made in her life.



"I felt more comfortable just going places, like I felt more comfortable being at school, or being on public transit. Pretty much anywhere I went, my level of anxiety was lower. It was pretty much an immediate difference which you don't get that with most other kinds of treatments."

Not only does Andy help Connolly, but he puts a smile on people who pass by too. One thing that people often forget is that going in to touch or pet Andy will distract him from his work.

"A lot of people think he's adorable, that's definitely a big one that I get. A lot of people don't know proper etiquette around service dogs. I get a lot of people trying to touch him or pet him. They're well-intentioned, they just don't know any better or they think that he's a therapy dog - they think he's for other people."

Connolly has an anxiety disorder and has trouble with panic attacks as well as social anxiety. She has complex Post Traumatic Stress Disorder (PTSD) which is where the anxiety stems from. Anxiety disorders are different from regular feelings of nervousness or anxiousness as they involve excessive fear or anxiety. Anxiety disorders are the most common of mental disorders and affect nearly 30 percent of adults at some point in their lives.

Connolly describes what a panic attack may feel like for most people.



"You feel like the world is crashing down. You feel like you have a hard time breathing, your heart is racing, your dizzy, your hands are sweating. A lot of people actually think they're having a heart attack. It's a very intense experience physically."

On the other hand, Connolly says that an anxiety attack is much different.

"As a person with PTSD, if I'm triggered, I will often experience an intense rush of emotion and sometimes disassociate. For other people, if they're having an anxiety attack, you may not be able to tell at all which I think is important because people assume that it's always very obvious or it's the stereotype of someone hyperventilating or crying. Everybody experiences it differently and everybody shows it differently."

Time and energy are what Connolly's anxiety disorder affects the most.

"In terms of school work, one of the biggest things is if I'm going through a rough patch or if I'm triggered, it obviously takes away from time and energy that I can devote to school work. I start to doubt myself. It affects my concentration. It affects my ability to plan and organize."

Connolly has a disability that is invisible to the eye which can make it hard for some people to grasp that she has a disability. On occasion, Connolly will encounter people who are skeptical about her disability. For example, saying that she doesn't "look" like she needs a service dog. Connolly has even had problems when it comes to accommodations for class assignments and tests.

"I had one situation, for instance, where I wasn't getting my accommodation from a professor, and she was just flat out refusing to give me my accommodations. I went to her and I said, 'It's against the law to not accommodate me.'" She put up a big fuss and I was having a really hard time talking to her, so I went to my advisor and my advisor said, "Well you kind of went in with guns blazing, you know talking about the law." And I was like "It is my right."



Connolly believes that Student Accessibility Services advocates for students but sometimes doesn't allow students to advocate for themselves. Most people have the perception that a person with a disability isn't likely to or cannot stand up for themselves.

"We're expected to be apologetic, we're expected to basically subordinate yourself. As soon as you show that you have confidence or power as a person with a disability, you're not given the same respect, people are not as willing to accommodate."

In Connolly's experience with asking for an extension on an assignment, midterm or exam, she sometimes has a hard time receiving her accommodations. Some may question why she would need an extension during midterms but do not need one before. Connolly feels that professors think that she is taking advantage of her accommodations when in reality midterm season adds a lot more stress and can be a huge trigger.

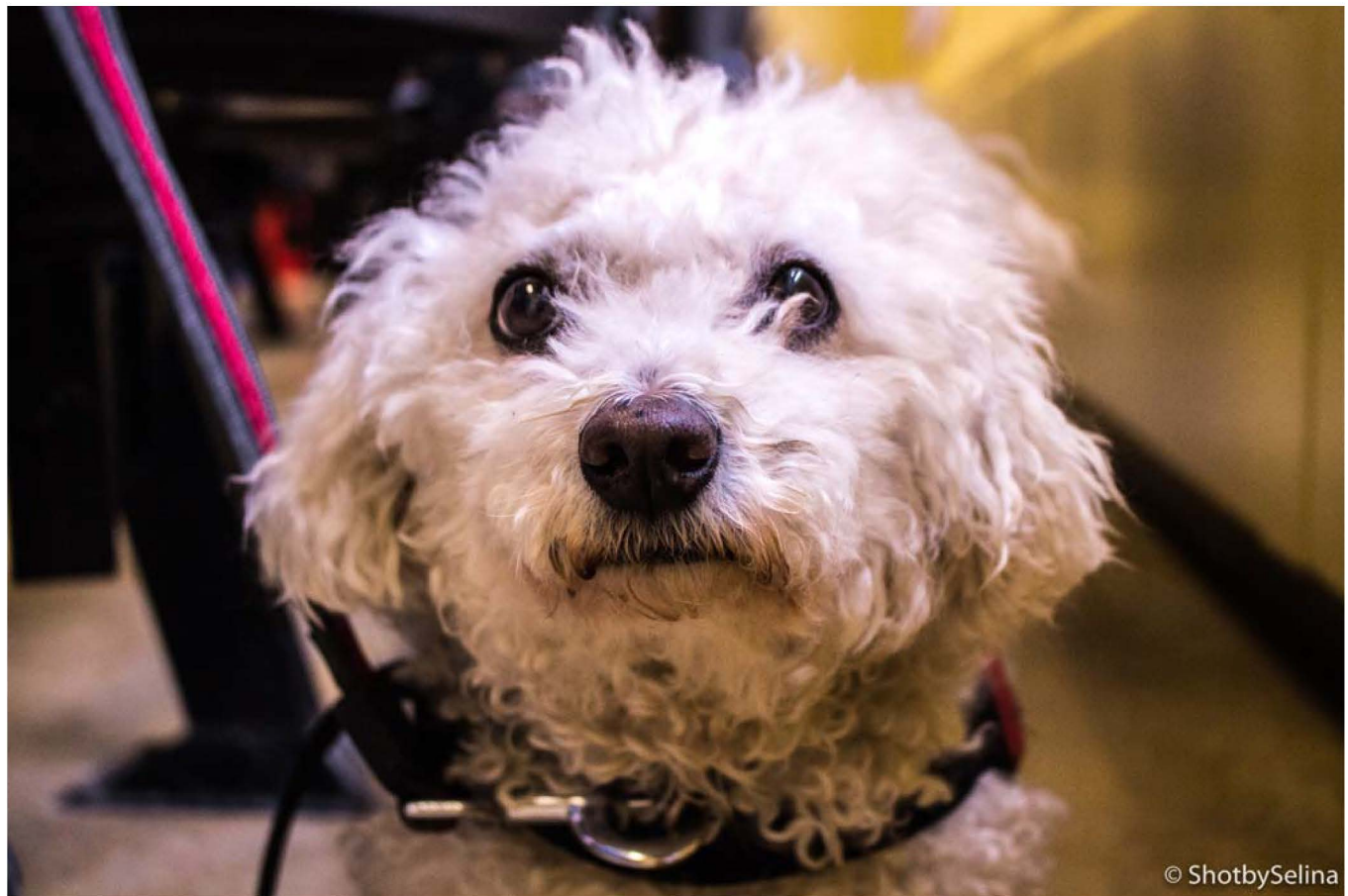
Connolly uses the spoon theory to express the amount of energy a person has. If everyone has a limited amount of spoons of energy to expend, then a person with a disability is already constantly expending more energy than a person without a disability.

"So it's not about, 'oh I think now would be a really convenient time to use my accommodations because I have a million things due and I procrastinated,' it's about my time and energy already more limited than the average person. If most students are freaking out at finals time and I have less energy to give out, to begin with, it makes sense that I am going to struggle and need accommodation."

Connolly finds it odd that some people will think that she is faking. She says that it not enjoyable to basically humiliate yourself in order to ask for something. She doesn't understand why a person with a disability is written off as soon as they're seen as confident.

"You're seen as faking until proven otherwise if you have an invisible disability. You feel like you constantly have to prove yourself."

An interesting fact about Connolly is that her name change was approved this past December.



"I changed it informally over the summer. Basically, I just don't have a good association with my birth name. For me, a big part of healing and owning my story was deciding I want to name myself. I don't want to use a word to describe myself that someone else decided I was. I want to decide for myself who I am."

Connolly would use empathetic, passionate, and ambitious to describe herself. She looks up to her friends and calls them her 'chosen family' due to how supportive they are.

She believes that to break down the stigma around mental health, it takes educating people and providing a new perspective.

"I think if we can get people to think about the fact that they have mental health too and its something that everybody needs to take care of, then all of a sudden we go from having these two groups "mentally ill people" and "normal people" to just thinking of everyone having this aspect of their health."

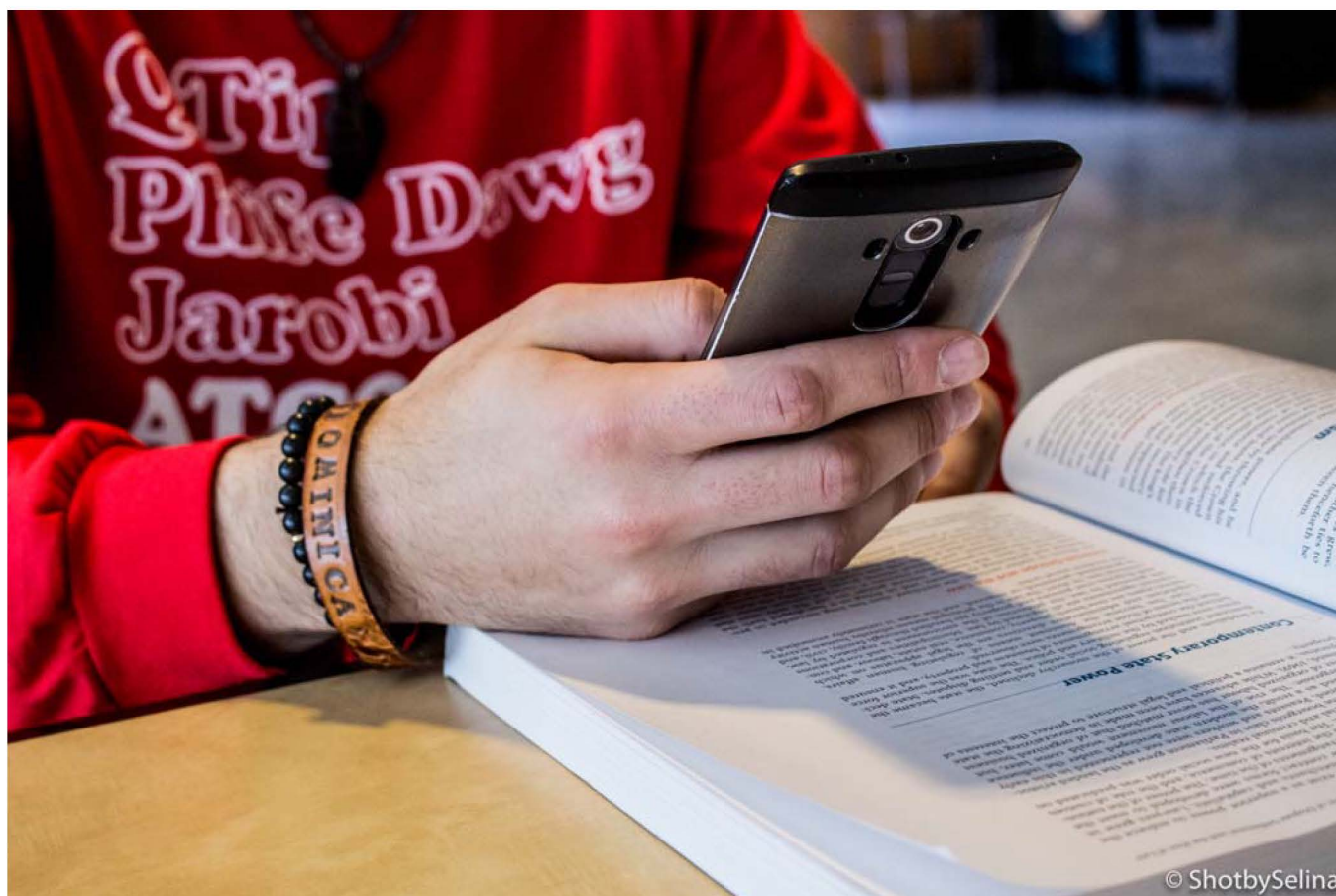
Connolly is finishing up her last semester and is excited to see where life will take her next. She's applied to graduate school and is hoping to be a community psychologist in which she'll apply psych to social justice issues.

JOSHUA SORHAINDO, 3rd Year Forensics and Criminology



A Facebook notification may distract someone for a few minutes, but for someone with ADHD, it's a distraction that can keep them scrolling for hours. It's the reason why Joshua Sorhaindo deleted the Facebook app off of his phone.

"I try to be on that less. I try to cut things like that because you look and you could spend 2 hours browsing when you could've been more productive. You can't be wasting your time on there because that's the biggest resource, time."

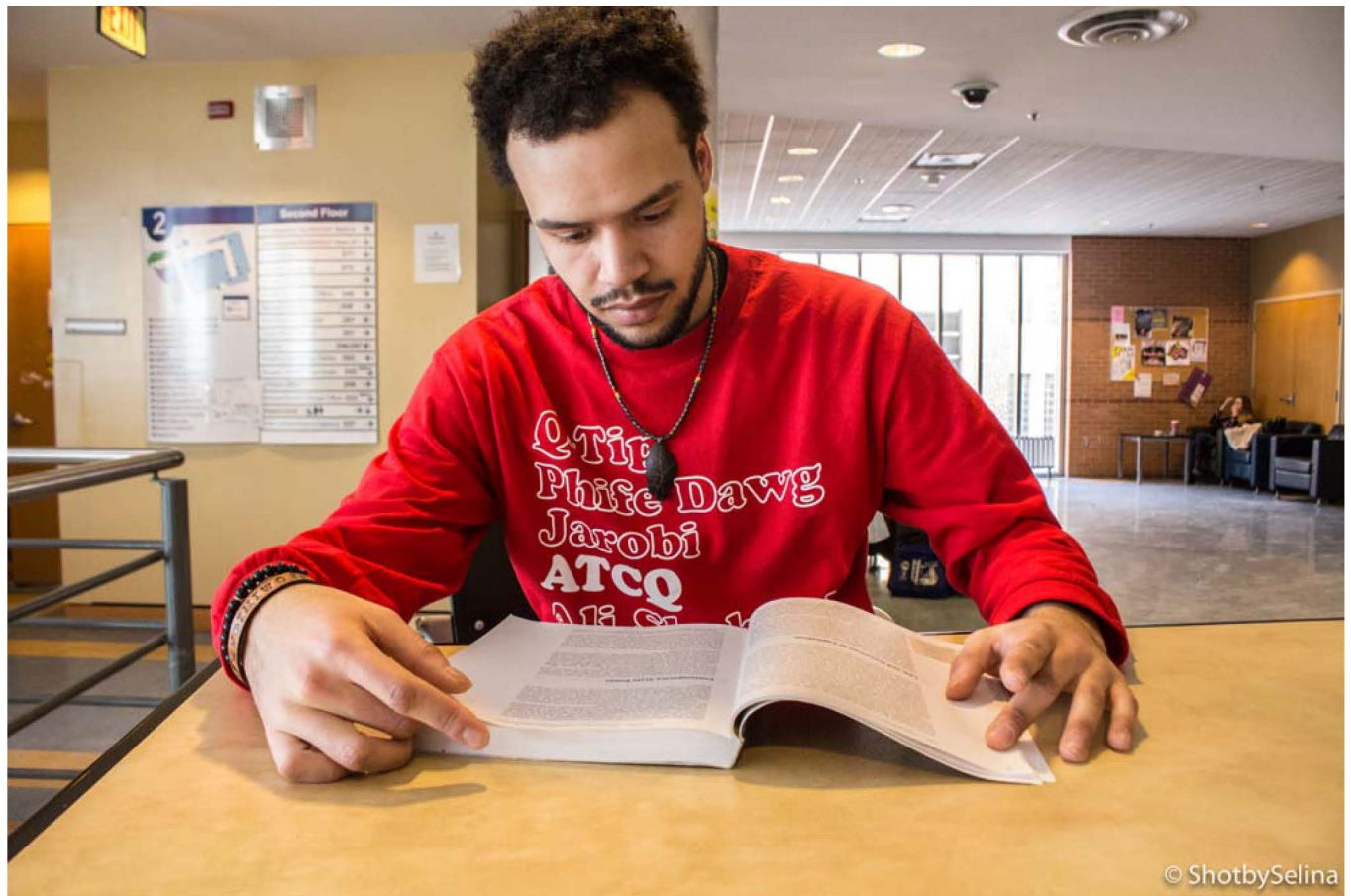


To ensure that Sorhaindo doesn't let things distract him, he'll study in a quiet room. He understands that this is something that he'll deal with for the rest of his life.

Sorhaindo was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), a disorder that causes a person to be hyperactive and unable to control their impulses. They may even have trouble paying attention. Sorhaindo was diagnosed at the age of 7 and remembers how things quickly changed for him.

"In school, I was brought to a different room sometimes to work on things. When people were learning cursive writing, I didn't get to learn that. That's something I remember from when I was really little. I remember thinking, 'why am I not learning it'. Over time I think I felt a bit less like an outcast and instead of recognizing that I take a bit longer to do some stuff."

Sorhaindo says that the accommodations at the University of Windsor through the Student Accessibility Services help him with tests and assignments. Every semester he visits the SAS to receive medical documentation from a psychiatrist or physician in order to be given forms that he gives to each of his professors. This notifies the professor that he has ADHD. Sorhaindo knows people who have ADHD but do not register with SAS.



"It's up to everybody if they want to sign up for it or not but I think it's very beneficial to do so. I would encourage if you have ADHD and you haven't signed up for it, sign up for it. It would be a good idea to look into it because it's very helpful for me. If you don't sign up for it, it can be sometimes tough to keep up."

When Sorhaindo isn't in a lab at the U, he likes to play video games, read, and listen to music. He's never been great at drawing, but he appreciates art and likes to go to art galleries. Sorhaindo would describe himself as calm, thoughtful and helpful.

He tries to always have a positive outlook on a bad situation.

"I think something to go by is, even if you're going through a hard time, I always subscribe to the fact that things will get better. There's always another way out. Whether you have to deal with it yourself or you're having problems with something, don't just count yourself out, look for solutions."

KYLIE JAMIESON, 4th Year English and Psychology



"I just want what everyone else wants which is acceptance in the world." Says Kylie Jamieson.

Jamieson's disability is called Charcot-Marie-Tooth, a neurological disease that has affected her muscles and nerves since she was born. It was named after three scientists that discovered it. However, Jamieson was not always in a wheelchair.

"I wasn't always in a wheelchair and that's what a lot of people find so surprising. When I was in grade 6, I was no longer able to walk myself so I had to use a walker. In grade 7 I went into a wheelchair so it was a very quick process. It's a progressive disease so over a long period of time it will get worse."



© ShotbySelina

It's a rare disease and Jamieson has never met anyone else with Charcot-Marie-Tooth, just read about other people who have it as well. She doesn't think about the fact that it's a progressive disease and instead focuses her mind on other things such as school, her career, and her future.

"Of course there are bad days. Sure there are days where I'll be down and I'll wish that I wasn't in a wheelchair, but if I wasn't in a wheelchair I wouldn't be who I am. I highly believe that. At the end of the day, it is what it is and I just find ways to cope with it and be positive. Of course, there are times where I'm going to be negative but I think that's sort of inevitable, it's going to happen with anyone."

Intelligent, trustworthy and quiet are the three words Jamieson uses to describe herself. In the future, she wants to be an editor.



"Right now I'm in the editing practicum. So we're putting out an actual book and launching it in April. It's definitely a great experience for my work."

For able-bodied people, it may never cross their mind if the next place they're going to is accessible. Will it have a ramp or wide doors? Will it have the proper accommodations for my disability? That is something that Jamieson has to think about regularly.

"I've always had to worry where the bathroom is, if it's accessible, if there's an elevator, if necessary, or if there is a seat if necessary, you know. So I always have to adapt, be always sort of, I guess, aware of my surroundings. I have to make sure there is a ramp or an accessible door. I never really thought about it that way, that I have to adapt to other places rather than them adapting to people with disabilities."

Now that Jamieson is graduating she's worried about going on to do her Masters if she attends another university.



"I think the best thing about this university is that they have great disability services here. That's what worries me about leaving because I'm almost done and I want to go on to do my Masters, but I may not be able to go here. I'm very comfortable here and I know how the university works. Disability Services is very accommodating. They are willing to change a classroom for me if I have a good reason."

When Jamieson has to write an exam, she's able to write it in an isolated room where she's given a computer to type or speak into headphones. If she wasn't able to receive that accommodation, her writing would not be great and it would be physically exhausting to the point where she would have to stop.

When Jamieson was younger it bothered her that people would stare at her, but now she doesn't really care. When she sees someone in a wheelchair she wants to know why, too, even though she is in a wheelchair. One challenge that Jamieson faces is people underestimating her.

"I've had people talk to me like I was a baby like I had no sense of intelligence. I'm a fourth-year university student with goals in life. There's such a stigma against people with disabilities that they can't understand what you're saying which is so not true. I've had people be so shocked when they find out that I'm an English and Psychology major, but why is it such a big deal?"



Jamieson inspires many people to think differently about the world, and recognize inaccessible areas that they may not have noticed before.

"I was sick one day and my professor wanted to go to the Green Bean for the last day of class and it's in the basement of the church right, so we weren't sure if it was accessible. My one friend in that class who I just started talking to, she ran after my professor and she's like "I don't know if it's accessible". I wasn't even in class and I wasn't aware that they were going to the Green Bean but she took that initiative for me so that she could speak up for me. In times it's very necessary especially if I'm not there to speak for myself. I was proud that she did something like that because it's not just for me in a way. It's sort of like a step towards acceptance for everyone."

BLAKE HOLTBY, 2nd Year Mechanical Engineering



When Holtby came to the university he participated in the Build program, a program for students with learning disabilities, which helped him get settled into residence and get a head start on school.

Holtby has ADHD and was diagnosed with it when he was in grade 3. He doesn't see ADHD as a learning disability, but a learning difference. He also describes it as his brain running without the secretary it needs.

"I think very differently than a lot of people. I have a very outside the box way of thinking. I'm not any different because I have ADHD."

In high school, he had a tough time with his teachers who did not understand the need to accommodate him.



© ShotbySelina

"I remember I was in my grade 12 English class and I had asked the teacher a question. He turned around and looked at me for a few seconds, and then turned around and continued teaching again. The whole class was in shock. I just needed clarification. I didn't understand how he was saying it."

Now being at the university, he feels that he has had a good experience being accommodated.

"When I give in my form that lets the professor know I have ADHD, some will ask me how they can help me further and others will just take it. But I've never had a bad experience."

However, growing up Holtby wasn't comfortable with his accommodations.

"In grade 6 my mom fought for me to have a laptop. I get it and I hate it, so I gave it back and I probably didn't use it to its full potential. All the kids looked at me like I was getting an unfair advantage. They questioned why I got extra time and they didn't understand it. In reality I was getting the same time as them because it takes me longer."

The three words that Holtby uses to describe himself are outside of the box, hands-on, and crazy. One thing he is absolutely crazy about is cars.

"I have an old car I'm fixing up at my house. I use that car as part of school. I try to incorporate that as much into school projects, design projects, anything that I can. I'm also really hands on. I don't sit at all hours at a desk like some kids do, but I do a lot of self-learning and teaching myself what I'm interested in. Building on old cars is exactly what I want to do in life. I want to be the best mechanic there is, and that's why I came to engineering."



In order to focus, Holtby has to take medication to control his mood, behaviour and regulate his learning ability. One drug for people with ADHD, but known to many students in university as a 'study drug' is Adderall.

"Don't be doing Adderall if you're not prescribed it. That is one of the biggest, annoying pet peeves of mine. I get asked if people could buy my drugs, and the answer is no. It is the most commonly sold 'study drug', and it's not a good drug. People need to understand that these drugs help me get to an even playing ground and that it's not going to do the same things to you as it will do to me."

Holtby feels that having ADHD makes him stand out from the rest.

"Do I wish that I didn't have it? No. It makes me who I am. I would not be as creative. I love it. It is the greatest thing about me. It makes me different than the next person."

Tags:

Existing on Campus Vol.4 – Afrofest Edition

Lance Editor

Afrofest has been taking place at the C.A.W Student Centre since the beginning of the week, celebrating the amazing and vibrant culture of the people of Africa and the Caribbean. You may have seen the posters around the school and online promoting Afrofest and it's week's worth of events. For this series, The Lance decided to let our readers get to know the people on the posters that you have been seeing around the school and what Afrofest means to them.

1

ASHLEY YEBOAH // FOURTH YEAR // SOCIAL AND FAMILY RELATIONS



What is your background?

I am Ghanaian and American.

What does culture mean to you?

Culture is how individuals in a specific place and time period connect with one another through art, events, music, fashion, and writing.

Why is it important to celebrate and educate people on culture?

It is important to educate people on culture because it allows us to connect to something bigger than ourselves. A shared experience, if you will. This helps us not to feel so alone in the world.

How do you feel about how Africa is represented in the media?

I feel that Africa is not always portrayed correctly in Media, but there have been shows and movies made recently that showcase Black people in a positive light. An example of this is Rosewood, a show set in Miami about an exceptional pathologist, played by Morris Chesnut. I personally love this show, but for women, it's not enough to put us on TV. We need proper and relatable representation. And as I write this, I recall shows like Insecure, which has a mainly black cast and relatable characters. Yet these shows I mentioned do not represent AFRICA or any of its countries directly. I guess there is still a lot of work that needs to be done.

What does Afrofest mean to you?

Afrofest means the world to me. I have been a part of the festival for three years, two of which I was on the planning team. It is a chance for us all to come together for whatever reasons like education, dance, fashion, or just relaxation. I especially enjoy the events where we get to share our experiences. Most of us don't talk about how we feel, so this event is a great space for things we don't see or get to experience every day.

Tell me one quote from your favourite black politician, celebrity, artist or public figure.

"When I feel worthy to receive, the universe opens up to me. I am a wide open vessel, I'll never live a day in vain. " - Georgia Anne Muldrow

2

DZIFA AFAGENU // THIRD YEAR // SOCIAL WORK

**What is your background?**

I am from Ghana.

What does culture mean to you?

Culture, to me, is all about identity. Who I am was born from my culture.

Why is it important to celebrate and educate people on culture?

It is important to celebrate and educate people on culture because it's important to know and understand people's history. Black people have overcome a lot of challenges and it's important to celebrate how far we've come, our achievements, and our freedom.

How do you feel about how Africa is represented in the media?

I think Africa is only represented in the media when there is a crisis. Although it's important to spread awareness of the horrible things happening, the media should show the beauty of Africa also.

Tell me one quote from your favourite black politician, celebrity, artist or public figure.

"You can murder a murderer, but you can't murder murder." Martin Luther King

3

PAULA AJALA-ALEXIS // THIRD YEAR // POLITICAL SCIENCE DOUBLE MINOR IN PHILOSOPHY AND WOMEN'S STUDIES

**What is your background?**

I'm Nigerian but was born and raised in Canada.

What does culture mean to you?

Culture means to me traditions from the past, changed and sculpted to fit each generation that practices it. It's a word that to me can be synonymous with community. My culture involves the people who practice it alongside me and shape it just as I do.

Why is it important to celebrate and educate people on culture?

I think it's important because it allows us to begin to understand each other. If you educate me on your culture you have given me an insight I could not have gathered myself.

How do you feel about how Africa is represented in the media?

I feel like the media has done a trash job for a long time. The media usually look down on Africa, portraying it like they do Native people; in their 'primitive state', misleading the public to believe that is all there is to know about the plethora of African cultures.

What does Afrofest mean to you?

It means that black people finally get to be in the centre. They get to be the main topic of conversation, not the side note. This also allows those who have not had a chance to educate themselves on the African diaspora, that chance. It means that we as a Windsor community can have a healthy exchange of culture and a bit of understanding.

Tell me one quote from your favourite black politician, celebrity, artist or public figure.

"We have to talk about liberating minds as well as liberating society." - Angela Davis

4

OPEYEMI NATHAN SANNI // GRADUATED



What is your background?

I'm Nigerian.

What does culture mean to you?

Culture is many things. It is the things we do because our parents said we're supposed to do them. Culture is traditions passed down from previous versions of ourselves so we do not forget who we are.

Why is it important to celebrate and educate people on culture?

I think it's important to celebrate culture because it reminds us of who we are, and who we were before we were even born. It helps in grounding us.

How do you feel about how Africa is represented in the media?

I think the way we are represented in the media is a reflection of the media itself. The media is the eye of the people and it seems like it sees what it wants to instead of what things actually are.

What does Afrofest mean to you?

It is a good way to unwind from school and also gain insight into a culture that is not often spoken about - in the most accurate light - within the western educational system.

Tell me one quote from your favourite black politician, celebrity, artist or public figure.

"My people are scared of the air around them, so they always have a reason to fight for freedom." - Fela Kuti

5

KADRINE LEE TAYLOR // FOURTH YEAR // INTERNATIONAL RELATIONS

**What is your background?**

I'm Jamaican.

What does culture mean to you?

Culture means identity practices, as well as cleavage. Culture is important to me because it defines who I am.

Why is it important to celebrate and educate people on culture?

I find that people often misrepresent and stereotype others based on culture, so for that reason, it is necessary to educate people on the importance of it.

How do you feel about how Africa is represented in the media?

The media paints a picture of Africa as a poverty-stricken "country" filled with terrorist groups and corrupt leaders. It's important to educate before casting blanket statements.

What does Afrofest mean to you?

To me it makes me feel really good to know that awareness and education on the diversity of black culture is being spread. As well as black students discussing certain topics that they may not have come across. Any setting that has open dialogue and discussion is important so I'm happy Afrofest exists.

Tell me one quote from your favourite black politician, celebrity, artist or public figure.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." Martin Luther King

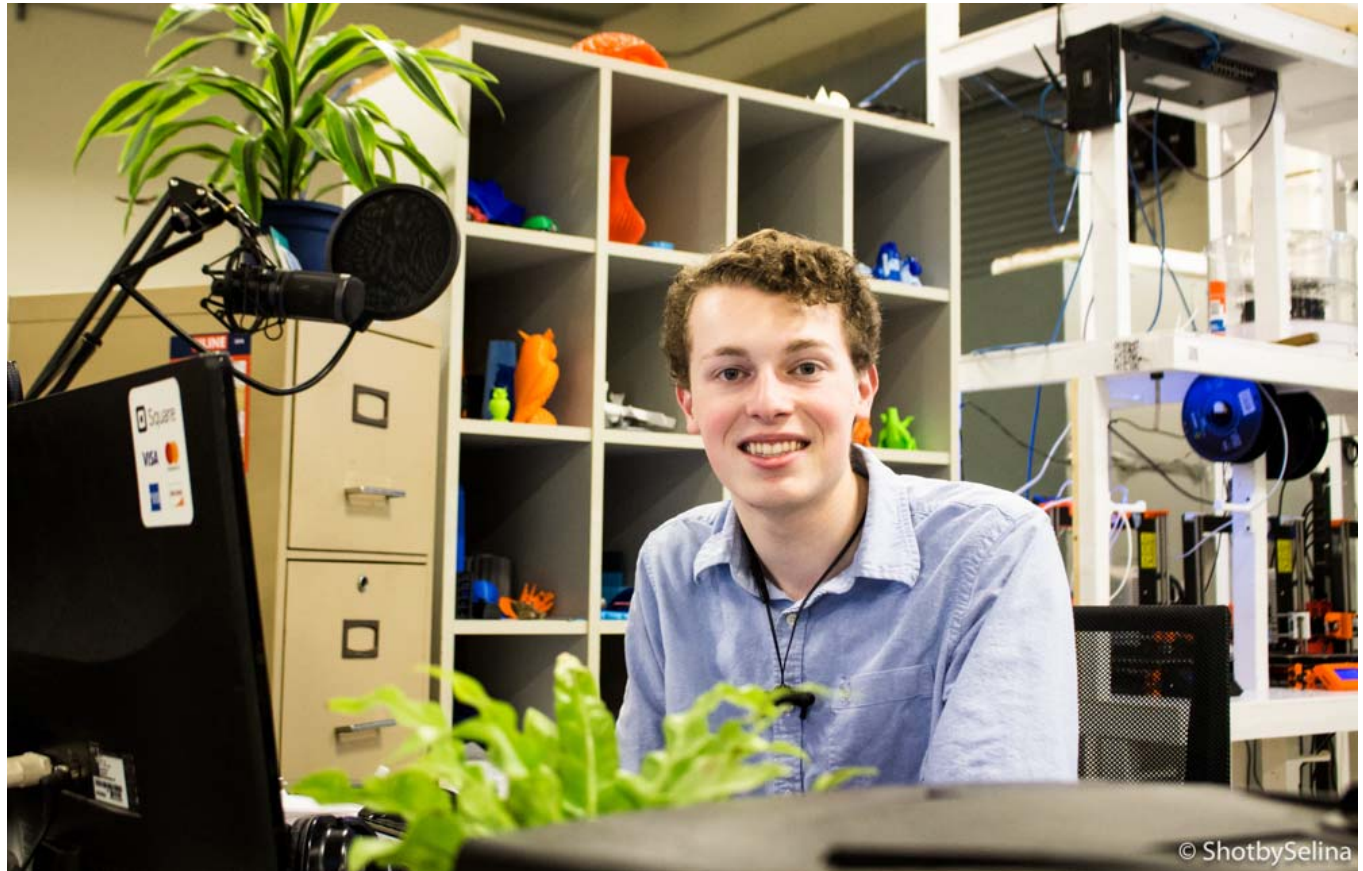
Tags:

Existing on Campus Vol. 5: Student Entrepreneurs

Lance Editor

School is hard enough as it is when you're juggling a few courses and a job, but can you imagine pursuing school and your own business? These students featured in this series are student entrepreneurs who attend or have graduated from the University of Windsor. They are all a part of the EPICentre, an innovative, modern and collaborative space for young entrepreneurs across various disciplines. Read about their unique businesses and how they balance being a student and an entrepreneur.

PARKER DROUILLARD // 2nd Year // Computer Science

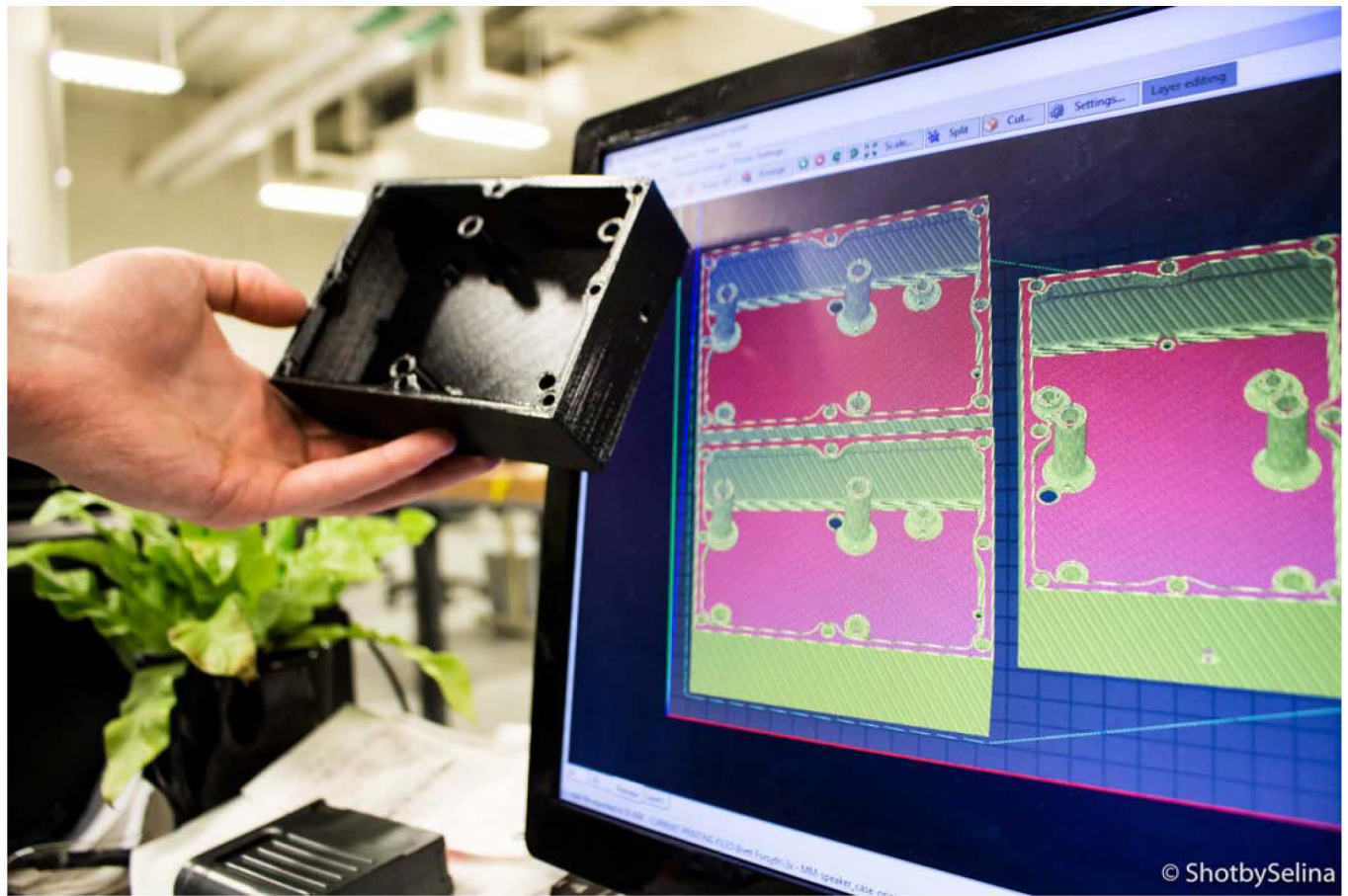


Parker started his own business two years ago called Pep Corporation, PepCo for short, which specializes in automation and 3D printing and 3D printing for different supply chains manufacturers and automotive manufacturers. PepCo prints anything from 1 part to up to several thousand parts for automotive companies such as Volkswagen.



The name PepCo was inspired by Parker's nickname that his little brother gave him, Pepper, because he couldn't pronounce Parker.

Parker got into 3D printing back when he was in high school. His grade 10 drafting teacher got a 3D printer through a grant. He taught himself how to use the 3D printer, creating designs and sending it to the computer to tell the printer what to do.



3D printers cost \$4,000 which is why Parker decided to make his own.

"I couldn't afford a 3D Printer at the time because you know — high school student. So instead I opted to build my own, and this was probably a year later or so. People started approaching me asking me if I could print parts and that's how it kind of started," said Parker.

It takes about a week for all the parts of the printer to come in and Parker and his team can build one printer in under ten hours. Parker currently has ten printers that make parts.



He says that making the printers has its benefits.

“The biggest benefit is, we can do our own repairs. We can buy parts really cheap. A majority of the printers are actually printed on the printers. We buy all the electronics, laser cut the frames, and then all of the parts are 3D printed themselves,” said Parker.

Since Parker is constantly working at Pepco, he doesn’t make much time for school.

“School is just kind of there. Honestly, it’s like 10 percent of my time is school, 60 percent is the business, and the rest is sleep or eat. That’s basically it,” says Parker. “I am doing well in my classes, but I could definitely be putting more effort it.”

The EPICentre has really helped Parker and his business due to the rented space, networking and mentorship they receive.



PepCo is doing so well that in a year Parker hopes to buy his own warehouse or office space. Right now they primarily make production parts for people, but they have plans to launch four different online platforms within the next year. Parker hopes to increase his team to at least 20 people within the next three years.

"This is definitely not just a hobby. This is something I do plan to pursue for the future," said Parker.



ASHLEY BAEZ // 5th Year // Drama and Education and Community



Ashley's business is called Drama as a Second Language (DSL) and it is a social enterprise. A social enterprise is an organization that applies business strategies to maximize improvements in financial, social and environmental well-being. DSL's mission is to empower

new-comer youth and their social development through drama education workshops and programs.



Ashley has done four different programs so far and is also conducting research for the programs. Herself and her partner are trying to see if drama education can influence social development in newcomer youth specifically. The research was funded through the Social Sciences and Humanities Research Council grant.

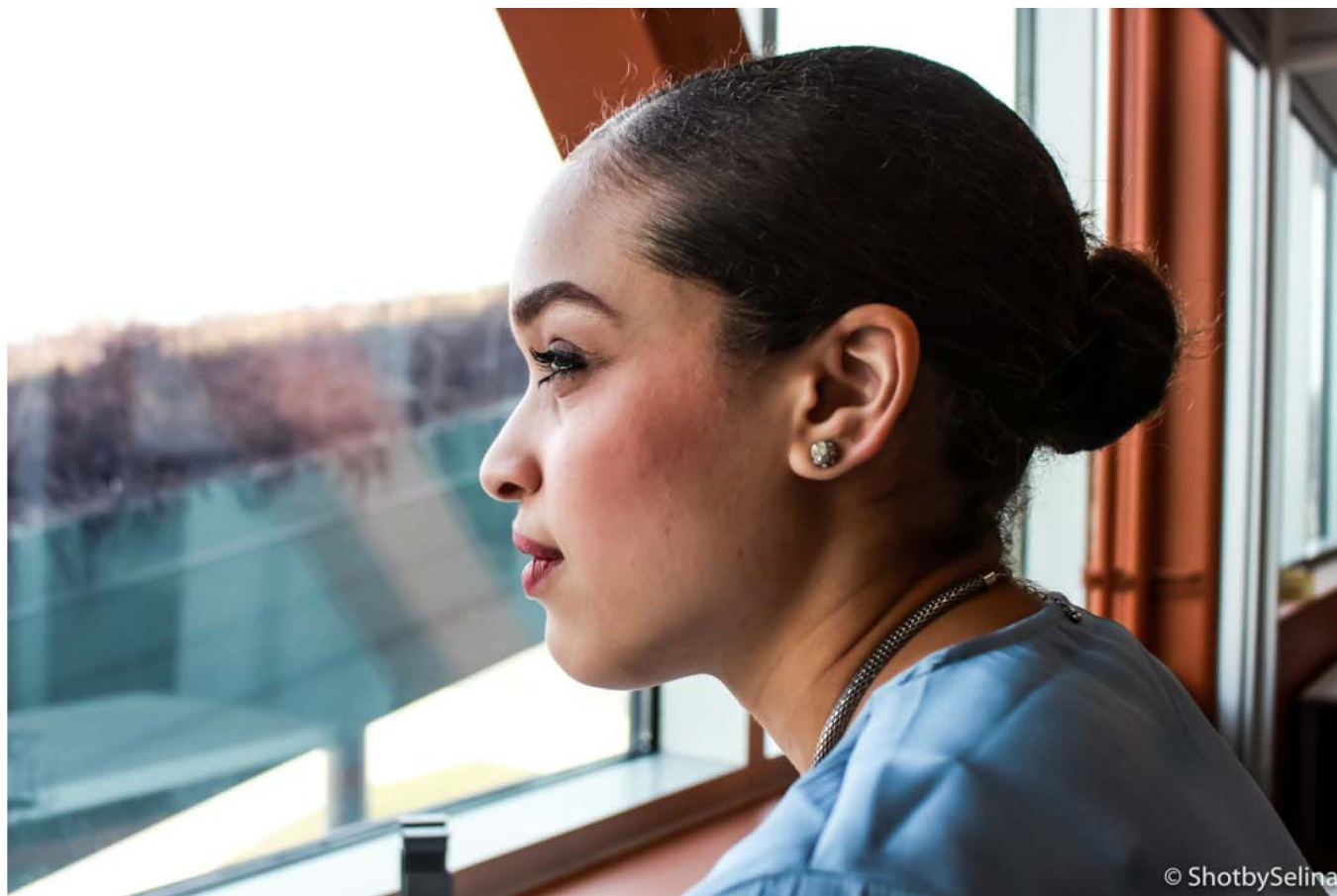
They have held programs at the new Canadian Centre of Excellence, Catholic Centre High School and for the international students at the University of Windsor who are enrolled in the Centre for English Language Development. The newcomer youth are mainly from the Middle East, northern Africa and China.



"We have basically seen that the youth find that they are able to build relationships and new friendships. They are able to develop their English skills and have more confidence speaking, approaching others, and communicating with other people non-verbally" said Ashley. "It also helps develop a positive development in their social identity and boosting their self-esteem."

Ashley speaks on the different methods used to help the youth.

"We do different drama techniques and one of them can be improvisation, scene development, characterization, and role play. We like the idea that theatre is real life," said Ashley.



The newcomer youth are put in scenarios such as ordering at a Tim Hortons. Through these scenarios, they can see what the barriers might be such as communicating verbally or non-verbally.

DSL was started due to Ashley's own experiences growing up.

"I was found belonging in my extracurriculars and groups", said Ashley. "That helped me feel more apart of my school community. It helped me develop socially in a positive way."

Balancing school and developing a business has been tough for Ashley.

"It was figuring out how you're going to manage your time. When you're going to schedule certain things and what days you're actually going to work on your business and what days you're going to focus on school," said Ashley.



"I think the best way to balance your school life and your business endeavors is to actually be mindful of how you structure your school life to be able to nurture your business projects and ideas," said Ashley.

CLARKE GALLIE // 3rd year // Business Administration Honours



Clarke Gallie's business is a residential property management company called WindsorRent. What they do is manage real estate investments on behalf of landlords. They manage duplexes, triplexes, and single family apartments buildings. They also take care of accounts, tenant complaints and the maintenance of the property.

Clarke has worked with other real estate investors who purchased properties. He realizes that a lot of real estate investors didn't care about the tenants in the property, they were more focused on how much money they were going to make.



"I kind of thought this was a problem. The tenants, they make this their home, it's where they see themselves going about their day, making friends and making memories inside this place. I felt there was a lot of distance, so I built a property management company to kind of give power to the tenants," said Clarke.

Landlords in Windsor and even as far as China hire WindsorRent to manage the property and the tenants. The tenants never see or communicate with the landlord as the tenants then only have to communicate with WindsorRent. They will send the landlord property reports so they can see how their investment is performing.



Clarke says that every business comes with its challenges. One of the biggest challenges for him was ensuring him and his team is communicating with tenants. Without his team, Clarke says he wouldn't be able to do it on his own and he appreciates their support.

"We try to have a fast response time, whether its leaky toilet, leaky roof — the maintenance guys will go there in a few hours. If the furnace is out, we will go there and put a replacement heater to make sure that the tenants stay is as good as it can be," said Clarke.



Clarke is a full-time student at the University of Windsor. From Monday to Friday, he tried to spend four hours on school-related work and another four hours on the business. He's grateful that the EPICentre is only a few steps away from his classes.

Clarke was born and raised in Windsor, Ontario.

"Let's make Windsor a good place to live. I love this city! I want the landlords and the tenants to love this city as well. Let's makes sure that everyone cares," said Clarke.

LI ZHANG // Graduated // Automotive Engineering



When Li Zhang was still a student, he used to go to the wineries in Windsor because it was his personal hobby.

Li's friend suggested to him one day to sell the local wine made in Windsor to China, and that is how his business, Jiayiftz, started about two years ago.



For his business, Li negotiates with people in China, advertises the Canadian wine, and exports and imports different wines from Canada to China.

"We hope that the Chinese people who live in Canada can tell their friends about the original wine from Canada," says Li.

In the wine industry, there is a lot of competition that Li faces.

"The first challenge is competing with other business owners from Niagara and British Columbia selling wine to China as well. Another thing is advertising in Toronto and British Columbia as it is very competitive," says Li.



Since Li has graduated, he now works full time on his business. He also hires students and co-op students from the University of Windsor.

Chen Huang, who also goes by Amy, works part-time for Li. She is responsible for selling the products to China and communicating with customers. She also manages some of the contributors.



"Li is a really grateful person. Working with him is very enjoyable and he has taught us a lot of things like how to communicate with the customers in China and how to sell the products to them," said Amy. "This experience has helped me a lot."

Li says that the EPICentre has given him a lot of support and helped reduce spending costs for his business.

To promote the wine that they sell, they invite people from Windsor and tourists from London and Toronto to a BBQ at Peele Island.



"Every summer we set up a tour to the Peele Island and people can go there and enjoy the wine and enjoy the live music," said Li.

Tags:

Existing on Campus: Pride Centre members share personal stories

Lance Editor

by Selina McCallum

Attaining basic human rights for members of the LGBTQ+ community has been a long and hard battle that is not over yet. Around the world, they are still not given equal rights like marriage equality. This year India legalized homosexuality which caused for huge celebration from the LGBTQ+ community in the nation. In September, Venezuela's member of the Constituent Assembly announced that he is having discussions in the drafting of the new Constitution of Venezuela to allow same-sex marriage in the country.

In Canada, same-sex marriage has been legal since July 2005. Most people in Canada are accepting of the LGBTQ+ community. The month of June in Toronto is dedicated to pride and the LGBTQ+ community.

While some countries are still fighting for equal rights, others have progressed in ensuring equity and equality is given to all. But what it's like here on our campus? Are we accepting and welcoming? The Lance talked to a few students a part of the Pride Centre to get their take on love, equality for all, and their experience in school overall.

Hannah Montebello // 1st Year // English Major



Hannah Montebello likes playing hockey and volunteering with animals.

She says pride is about not being sorry for who you are.

"Pride is about being unapologetically you, and really owning who you are," said Montebello. "Everyone should be able to love who they love without any backlash."

When reminiscing about her day in high school, she says that her experience wasn't negative, especially being a part of the Gay-Straight Alliance club in her school.

"It hasn't been too negative. I was in GSA club all throughout high school," said Montebello.



The first year English student says she doesn't care what anyone thinks of her.

"People would say "Oh you're in GSA so you must be a lesbian," said Montebello.

Although Montebello has only been at the University of Windsor for a few months, she says that she feels everyone is much more accepting.

"Being here the last few months, I feel like people are so much more open, and you get people from all over the world here," said Montebello.

Samuel Salazar // 3rd Year // Political Science



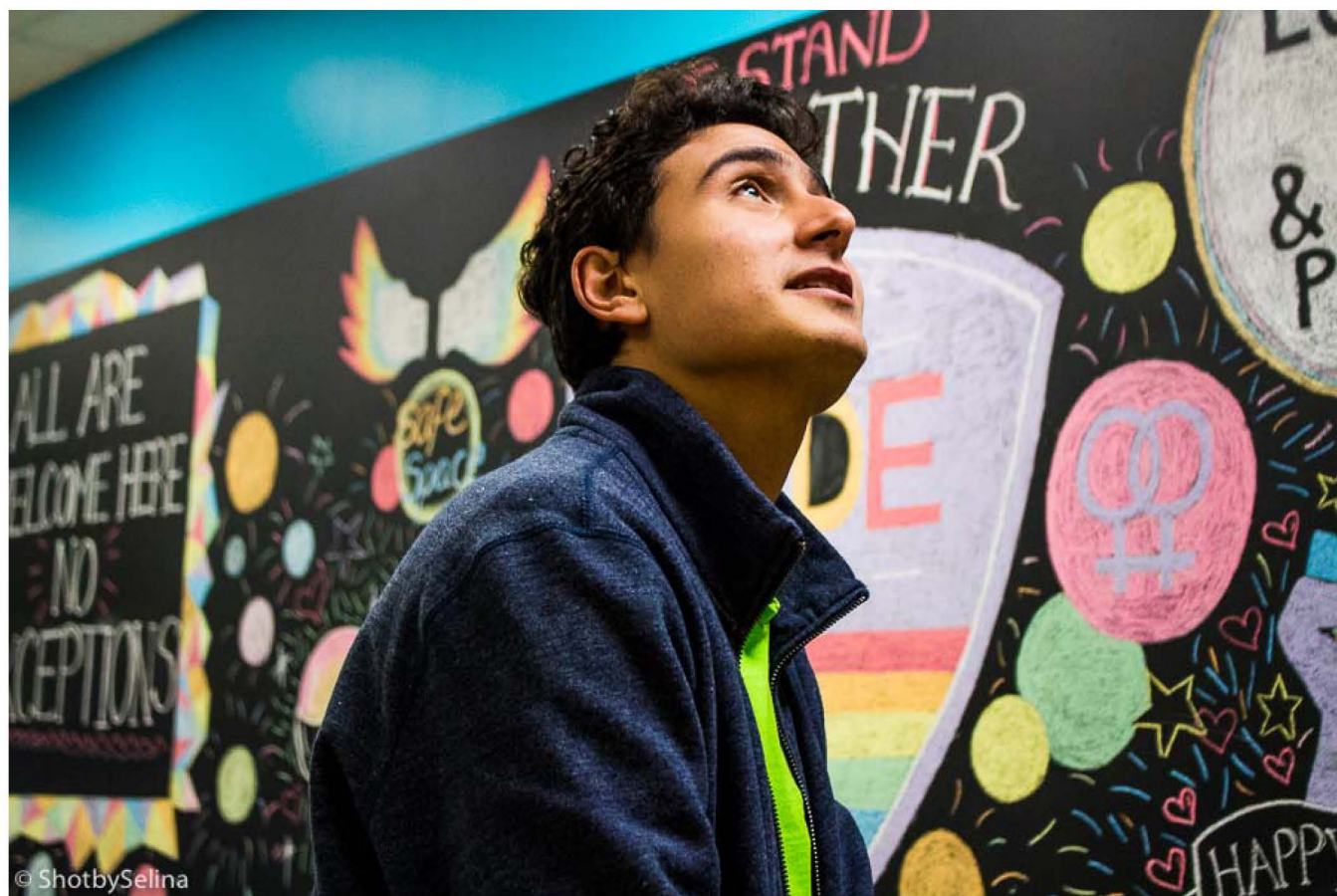
Samuel likes playing tennis, singing and being involved in the community. He is also the coordinator of the Pride Centre.

To him, pride means being your true self.

“Pride means to me being comfortable with who you are, and it doesn’t matter who you are, it doesn’t matter what letter you are on the acronym,” said Salazar.

When discussing where same-sex marriage and equal rights are allowed for LGBTQ+ members around the world, Salazar said that he is grateful to be where he is.

“Personally, it makes me feel that I am very blessed to be where I am. Especially coming from a country where being a member of the LGBTQ community is not as appreciated as it would be here. It’s made me appreciate where I live,” said Salazar.



Salazar is aware that there is much work that needs to be done to fight for equal rights.

“It encourages me to want to fight for those who don’t have as many rights as you do, especially outside of Canada,” said the third-year political science student.

Salazar believes other countries can do one simple thing first for the community.

“Other countries can definitely follow Canada’s example by first recognizing that we are human. In Russia they deem members of the LGBTQ community as less than human,” said Salazar.

Salazar’s parents found out that he was gay when he was in grade 11. He was texting a guy when his parents took his phone and saw the conversation. It wasn’t a good ‘coming out’ story.



His Venezuelan family didn't accept it well, but it didn't make him feel any less comfortable in who he is.

"They aren't accepting now, and I don't see it happening in the near future," said Salazar.

He says it could be worse.

"A thing I always tell my friends is that when they figured it out, they didn't kick me out and they didn't get rid of me," said Salazar.

His friends have accepted it in a different way in which he has grown to appreciate.

He says he was never bullied for being gay in high school. Only a few students would make odd comments, but he never took it personally.

In university, the kind of backlash that he'd received about his sexuality surprisingly has come from members of the LGBTQ community.

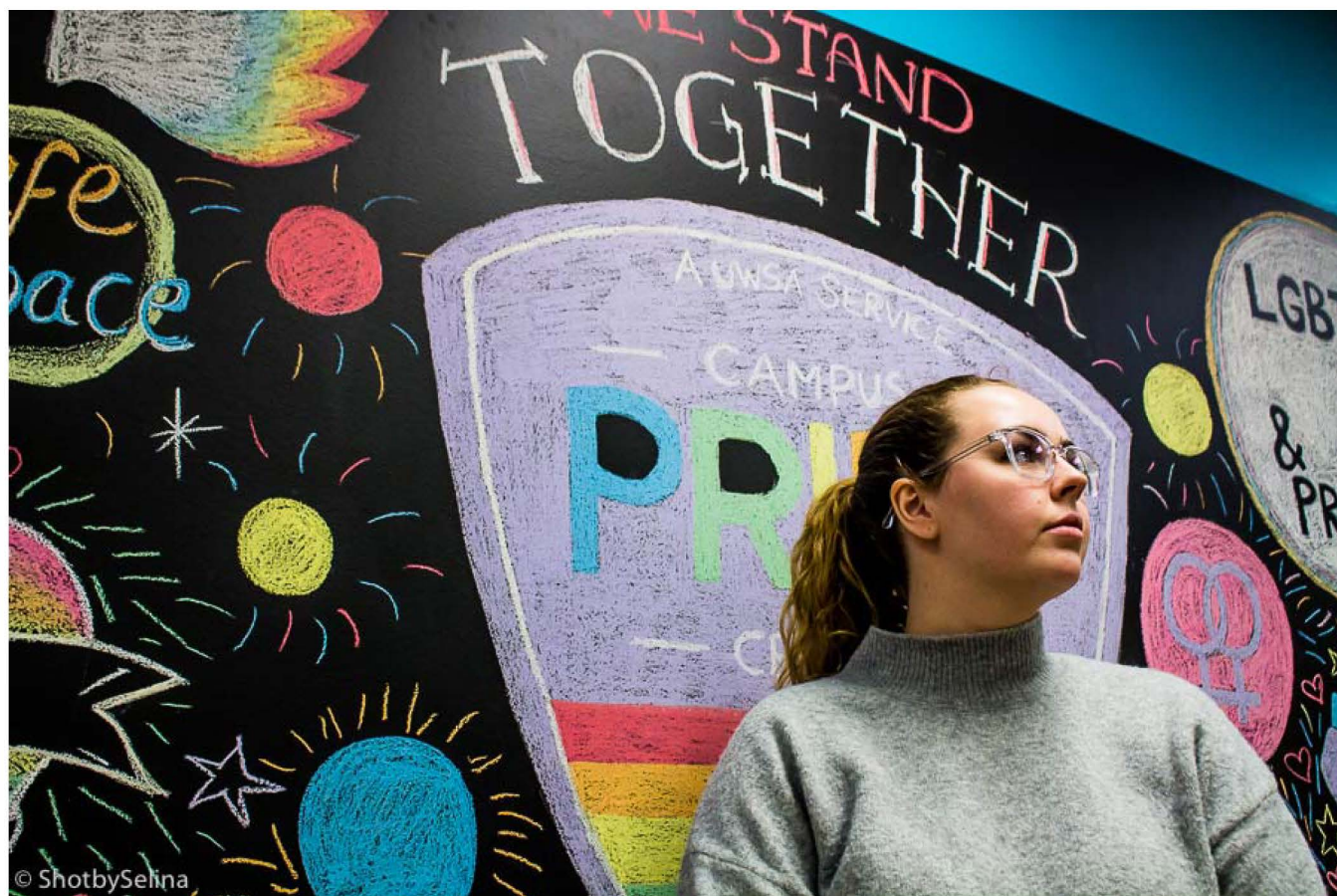
He says that it's vital to talk it out in the community,

"The important thing is to always reconcile and have discussions," said Salazar.

Salazar feels welcomed on campus but believes there is always room for improvement.

"For example the accessibility of the Pride Centre, it can be more available to everybody, so they know where its located and know how to find it," said Salazar.

Sam Beck // 2nd Year // Political Science with a Minor in Labour Studies



Sam Beck enjoys singing and playing sports. She also likes being involved in the community.

"Pride is being secure in your own identity, regardless of what that might be," said Beck.

Beck says that it's sad that people cannot be who they are because of where they are. A famous quote she believes governments around the world should also follow is one by Pierre Trudeau.

"In the words of Pierre Trudeau, "the government does not belong in the beds of its people," said Beck.

The second-year student says that no matter what language you speak, you can understand what love is.



“Love is love is very international. In a sense that everyone knows what the word love means regardless of whatever language you may speak,” said Beck.

Beck remembers her friend coming out to her through a Spider Man Valentine’s Day card at a very young age. It wasn’t until her junior year in high school that her school in the Peele region had a Gay-Straight Alliance club.

Her brother now attends the high school and he tells her how open and inclusive they are. A lot of students are comfortable and open about their sexuality.

Beck is apart of a sorority on campus. She says some of the frats on campus are really open to having members of the LGBTQ in their frat.

“They accept members of the LGBTQ community, and not to boost up their inclusivity but because they want them as members,” said Beck.

Beck encourages people to be giving.

“Give graciously whether that be your time, support or love. People think that means money automatically but it can also be giving love or acceptance.”

Hailey Etchen // 3rd Year // Criminology and Political Science



Hailey Etchen loves to cook, is an avid runner and a big reader.

“I love myself no matter who I am, and I love everybody else no matter who they are,” said Etchen.

She thinks although Canada is a progressive country, it is still important to be reflective of that.

“It’s unfortunate the lack of progress in many parts of the world. What’s critical is that we need to reflect on the own progress we’ve made as a society, be thankful for that and be thankful that people are fighting and haven’t given up,” said Etchen.

Etchen says that her experience in Catholic high school was good as teachers and staff were supportive.

“It was really just about letting them be themselves. Especially at a place, you’re at so much of the day, so much of your life. If you can’t yourself there, then that’s really hard on a young teen,” said Etchen.



© ShotbySelina
She compares her experience in high school and university and says the two are much different due to friends and peers being more part of your life than teachers or staff.

"I find no one cares. I think we're all just trying to find ourselves, both sexually and in school, and figure out what we're doing with our life that no one is really worried about what anyone else is doing enough to negatively view it," said Etchen.

The third-year student says she reminds herself not to worry.

"Maybe this person isn't going to accept to me, but I just remind myself, it's going to be okay. I failed this test, it's going to be okay. I try to remember the bigger picture of life," said Etchen.

"Love is so universal but yet its so specific to each individual on what it means, and we see that with how many different types of relationships there are: gay, lesbian, straight. Love is very personal and it's important to know what your love is," said Etchen.

Grand Opening

The Pride Centre will be having their grand opening on the first day back next semester.

Not many students know of the Pride Centre or that they have a new location.

"As a representative of the UWSA we are trying to make that happen. We're buying signage, we're putting up banners, and we're putting up posters. We're trying our best to make this space known and available to everybody," said Salazar.

He says this space is not just for members of the LGBTQ community, but for everybody.

The Pride Centre used to be in Dillon Hall but now it has moved to the second floor in the C.A.W Student Centre. The members of the Pride Centre like the new change as they feel more comfortable and have more space to make it their own. Also the privacy of the space can give someone the confidence to come and check it out.

"The door is always open and if anyone wants to come in, it doesn't matter who you are, you can always come in and chill," said Salazar.



COMPROMISE?

Lance Editor

As the end of September lingers, we say goodbye to the hype. A feeling of optimism and motivation heading into a fresh new year is generated by a summer recharge and a slew of nifty homecoming events. This feeling, unfortunately, begins to dwindle as we may recognize apathy and procrastination is a much easier way to coast through the next seven months. It's a cycle we're all too familiar with, however, it would be unfair to claim this declining level of campus engagement is solely the fault of the student's attitude.

Although our student experience may be ultimately what we make it, the environment and amenities provided by our university have a direct effect on how we perceive and engage in life on campus. So, when regarding the University of Windsor's slick new "Promise" campaign, we may begin to question what exactly are we being promised?

Our lovely editorial team attempt to answer this question in a subjective but fair analysis. By breaking down what attributes to a student's quality of life and post-secondary experience, we've constructed a comprehensive "categorical ranking listicle". This structure is directly reflective to how ratemyprofessors.com ranks universities, and as you will see, we're pretty nice compared to some of those comments.

We understand this article/stint may be perceived by some as an attempt to devalue our campus, however, this is absolutely not the case. We all love it here, we chose to call this place home for 4 years after all! However, like any other University, there is always room for change in order to better enhance the overall student experience. This is our take on that.

Lastly, we apologize in advance for the lengthy piece! If there is one thing we can *promise* you, it's that this will be by far our longest article of the year. Enjoy!

LOCATION

Rating - 3.5/5

by Hani Yassine

Whether you're a hopeful first year planting your feet on campus for the first time, or a wary fourth year with the campus layout fully memorized, a significant portion of the student experience isn't based on the services within its walls, but also the cultural flavours you digest outside of them.

The University of Windsor has become a constantly transforming landscape, from the ergonomic alteration of Sunset Avenue to the numerous buildings propping up for different departments which share the open-concept design philosophy. But 2016 had the institution literally break new ground in the city's own core with the old Windsor Star building transitioning to the School of Social Work. The new school year is continuing this trend with the Armouries building being polished up as the new home for the School of Creative Arts and School of Music, a much needed and arguably delayed upgrade for both facets. Both buildings will presumably breathe some new life and energy into the city's rather inconsistent downtown. However, from a student perspective, it will introduce a rich palette of events and attractions to delve in compared to what's usually found at main campus.

This is not to say there's nothing to do on the mainland, but the options simply aren't as plentiful. A simple stroll along Wyandotte Street will show the majority of places frequented when in between classes. Whether it's grabbing some slices with friends at the reputed Sam's Pizzeria, delving in some Asian cuisine at Saigon House or lounging at the ever popular Green Bean Café. The surrounding area has its fair share of businesses with proven staying power, mixed with newer ones looking to be given a chance. They provide temporary reprieves to the inevitable perils of assignment deadlines and exam dates, further aided by the area's relatively energetic activity and presentation. Beyond this, however, there's not much to engage in outside the city's own waterfront, where you can gaze at the scope of the Ambassador Bridge and the Detroit skyline across the river. For those not from the city it's a sight worth seeing, and even for locals, it can be a nice break away from the chaos on campus.

When it comes to general food services and lounging, the businesses on Wyandotte Street are well catered to students. Yet even with the odd pub and karaoke bar available at one's leisure, the lack of variety in the area could become apparent after the first couple of months. This is where the city's own downtown picks up the slack, though with some reservations. It must be noted that the city's core has seen better days upon walking down the Ouellette Avenue strip. You have a few too many buildings which have remained vacant and/or abandoned for quite some time, the streets aren't the best maintained or presentable and it has recently been dealing with an influx of homeless people on every block. In one way this is remarkably harsh, but having lived in the area for the past decade it's unfortunately not inaccurate.

But even in spite of the issues, there is plenty to see. The options for food alone can be overwhelming whether it's gourmet pizza at Terra Cotta, a great wealth of sandwiches at Toasty's, something a bit more upscale with The City Grill or filling breakfast meals at A Dog's Breakfast. But then there's the versatility of live music found in Phog Lounge and The Rondo, the musicals hosted at Chrysler Theatre, the history of the Art Gallery of Windsor and the nightlife aesthetics found in Level 3 and the Pubclub. All of this without mentioning the other slew of pubs, restaurants and entertainment venues the core has to offer. It carries a little something for everyone compared to the main campus, which is something both the social work and creative arts students should take advantage of when the year enters full swing. Also assuming your passport is valid and handy, taking a tunnel bus to Detroit practically unlocks a new world to engage in. With the Transit Windsor bus terminal merely one block away from the Social Work building, \$10 is all that's required for round trip tickets to and from our stateside neighbours. It's one opportunity that should be immediately capitalized upon assuming you have the time, for what's found in the motor city arguably dwarfs the combined options found both on the main campus

and downtown.

While the main and downtown campuses are several blocks away from one another, the Crosstown 2 and westbound Transway 1C buses go to and from both areas, making each of them fairly accessible. It helps establish a sense of unity, and it's worthwhile to delve into both areas regardless of what program you're taking. Each of them provides something unique and exciting, and while they're far from perfect separately, combined there is plenty to choose from to enrich the student experience outside of the campus walls.

OPPORTUNITY

Rating - 4/5

by Ashley Quinton

Opportunity is an extremely subjective category to rate – it differs from student to student and whether or not they will take an opportunity and run with it. An analogy that comes to mind is undergraduate classes. A student has the opportunity to get 100 % in a class - although wildly rare- but with each class missed or a rushed study session can hinder that opportunity.

I can honestly, say my opinion of the opportunities presented by the University of Windsor has changed over time. When I first arrived in Windsor from London, I felt lost. It was so different from Fanshawe College. When I attended Fanshawe all my peers would stick around the campus and hang out. In Windsor, this wasn't the case – for the first year at least. So, I decided to join a sorority, in hopes of making new friends and networking. This isn't one of the opportunities I decided to run with, I tried, but it just wasn't for me. However, the U has several frats and sororities, that if that is your cup of tea, would be a wonderful opportunity.

Opportunities are what you make of them. As a former Digital Journalism student, I have had several wonderful opportunities at the U, from being part of the CJAM team, landing a stellar internship at Heart FM, to now writing for the Lance.

The University of Windsor offers several unique programs within nine faculties. I am going to highlight a few that stick out due to the unique nature of the courses offered.

The University of Windsor's Faculty of Law offers an American and Canadian Dual JD program which allows students to complete two law degrees in three years. This program is one of a kind in Canada! It also opens up the opportunity for students to either practice law in the U.S. or Canada (or both).

The English department offers a two-semester Editing and Practicum course. It gives students the opportunity to work together with their peers in the process of publishing a book – everything from creating the cover artwork, editing the novel, to planning and executing the book launch and everything in between. I personally have had friends who have taken the course and while they may have developed a few grey hairs in the process, they wouldn't have changed a thing.

The Entrepreneurship Practice and Innovation Centre (EPICentre) has several programs that lend a helping hand to students looking to start a business venture. Whether they are partnering up students with alumni entrepreneurs or teaching them how to be successful, they are gaining real-life experience.

The U has added a plethora of new Master's programs to the books, which opens up a whole slew of new research opportunities. I am currently completing my Master's in Communication and Social Justice and can attest to the research possibilities.

Beyond course related opportunities. The university offers employment opportunities: TA/GA 'ships, research assistantships, paid student union and volunteer positions, clubs, and house and varsity athletics.

Overall, I believe the University of Windsor ranks high in the opportunity section. As I said before, a student's perspective on their level of satisfaction regarding opportunities is very subjective to each student. There will always be opportunities out there, don't wait for them to come to you, chase them down.

SOCIAL

Rating - 3/5

by Selina McCallum

For people who go away for school, one of their concerns may be making new friends in a new city. That was one of my biggest concerns coming from Toronto to living in residence. Others who choose to stay home may be excited to meet new faces from all over the world. Que Welcome Week, a seven-day festival celebrating new and returning students, opening up the chance to meet your best friend for the next 4 years. Mini carnivals, free hot dogs, bouncy castles, relay races, and themed night parties are all part of the program.

Welcome Week, put on by the University of Windsor Student Alliance (UWSA), aims to be diverse in bringing out crowds interested in different things. Night parties range from Country Night, Toga, and my personal favourite, Hip-Hop night. I'm the one bringing the hype in the middle of the dance floor, nice to meet you, my name is Selina.

Welcome Week works well for the masses, but when it's over, the University isn't so lit anymore. Professors start their lessons and the realization of, "Oh my God, I'm in University and I can't screw up" sets in for many students (arguably). If you haven't made friends

during the festivities, you're now stuck finding a pal through awkward classroom icebreakers, stressful group projects or

I feel that it becomes up to the students to create their own social events. Clubs usually hold parties, gatherings, dinners, panels, poetry slams, open mics and galas for their club members and the general student body. Aside from Welcome Week, UWSA also holds annual events such as The Celebration of Nations, PAWS from Stress, and much more.

I think that the University of Windsor itself could contribute more to student groups who have the drive to organize social events with potential. These are people pushing to keep the things alive after the Welcome Week hype takes a dive. Fostering more social events with the proper exposure has potential to increase some much-needed school spirit and pride. In addition, students can increase their self-esteem, happiness and reduce stress by attending more social events, challenging themselves, and stepping outside of their comfort zone.

However, this isn't just a one sided conversation because for an event to be successful, people actually need to show up. From my last two years of trying to be extremely social and attend every event I can, I've noticed that most of the time it's never a full house. It may not be fair to say that the University of Windsor doesn't hold many events when students are showing complete apathy. I believe that if we can all come together and support each other's social gatherings, whether they are free or not, it would make the campus a more engaging place.

CLUBS

Rating - 4/5

by **Joshua Boucher**

I was a member of three clubs last year, two of which were an origami club called Folding for Fido and the Jull Environmental Studies/Science Club. I found out about the latter through people who are in my program. I found out about the former through Clubs Day, a day where basically a bunch of different clubs set up tables in the student centre and woo you enough to become a member. This is a great way to find out what's going on around campus, and you'd be surprised at the kinds of activities that people are into (the most interesting club I've seen is without a doubt the Taxidermy Club).

You can also find an online list of all the clubs at the UWSA hub (campusvibe.ca/uwsahub) and by "all" of the clubs I mean "most" of the clubs. The aforementioned origami club, for example, is not listed on the website, and I don't know why. But rest assured, there are an awful lot of clubs listed on the site and I'd be surprised if you don't find something that interests you. Although, just as a forewarning, be aware that the UWSA Hub is often underutilized by those who run the clubs so the information and events are often out of date, and sometimes just completely absent. Unfortunately as it is, I understand the sheer apathy of learning new things like this... we are students after all, can't we just do this on Facebook?

On the administrative side, all student groups are coordinated by the Student Groups Coordinator. This is the person who ratifies all of the groups on campus and acts as the liaison between club members and the UWSA. One of the best things about the clubs at the university is how easy it is to get a club made. If you've got an obscure interest, all you need is a couple of buddies willing to be your executive members and get a bunch of folks to join your e-mailing list at Clubs Day.

Last year I decided to get more involved with clubs and joined three of them, although the third club was more of a non-credit course offered by the Office of Human Rights, Equity, and Accessibility (American Sign Language classes, for those of you who are curious). Although I didn't end up going to club meetings as regularly as I initially wanted to, I still enjoyed the time I did spend at the clubs. The Jull Club let me meet a nice group of people who were taking similar courses, and the origami club allowed me to meet a nice group of people who, uh, also liked to fold paper into animals and things.

The point is, I got something out of joining those clubs, even if it wasn't what I was expecting to get out of them. Overall, I was pretty pleased with my experiences and would definitely recommend joining a few clubs, especially to incoming students who are looking to make new friends and pick up new hobbies.

HAPPINESS

Rating - 3.5/5

by **Hani Yassine**

At the risk of sounding overly philosophical, one must wonder: what does it mean to be happy? Some may say a great job, steady income, great friends or even having grades you're not too embarrassed about. But there is no objective answer to this question. Happiness is such a broad term that varies from person to person, or in this case from student to student.

Particularly in the advent of awareness in mental health, we've come to realize happiness and sadness can be felt from numerous factors. As a result, it's difficult to determine just how "happy" UWindsor students are since you're dealing with a body of roughly 16,000. You could spend an entire day canvassing the campus, asking students about their happy place and your results will still come out inconclusive, for simply put there's no algorithm which can faithfully capture these intimate feelings on a broad scale.

But for the sake of being as tangible as possible, there have been tests and surveys to help paint a picture towards student satisfaction. For example, Maclean's magazine has been directly surveying students across the country which ultimately pertains to their feelings

towards their institution. How they gauge said satisfaction is based on an all-encompassing degree of elements you'd experience while in a post-secondary environment. This includes the day-to-day grind of attending classes and interactions with the faculty and staff, as well as extracurricular activities and feelings towards heavy topics such as sexual assault. Based on the information compiled from the survey, which was conducted in 2016, the University of Windsor placed 8th in the comprehensive student rankings, just under the University of Victoria and just over Ryerson University.

So if we decide to go by this ranking, then it's fair to say if we're not happy, then we're at least happier than other universities, which can be a positive if you're a believer of silver linings.

But perhaps it's less about how happy we are in our school and more about how they try to make us happy or at least comforted. Having been born and raised in Windsor, attending the university in my own town is hardly as nerve-wracking as coming here from an entirely different city, province or even country. To be in a place that's away from your friends and family can truly be scary for students, first years in particular, and can easily affect one's state of being. Fortunately, the school puts forth enough effort to make sure students are encouraged to break the ice with their peers. Many social events are frontloaded to the beginning of the year to ease the anxiety students may have. Of course, this anxiety only transfers onto academic stresses. But with options such as the Peer Support Centre and events such as the paws room, courtesy of the Therapeutic Paws of Canada, the university takes the steps to ensure the welcoming climate is fairly consistent.

Now the mileage to these benefits may vary. A person may be happy or unhappy due to something not even related to the school. A student may have trouble making friends, but that could be because of an inherent difficulty to socialize. The university encourages one to do so, but it also cannot force anybody to make friends. In matters of depression, the battle that comes with it could possibly transcend what the school can offer you. But the important thing is that it cares enough about a student's wellness to provide those options and activities that could amend the struggle. At the end of the day, that has to count for something; the acknowledgement and understanding of the daily challenges and the attempted steps to move forward from them.

FACILITIES

Rating - 3.5/5

by Joshua Boucher

During the winter semester of 2017, I was sitting in a classroom in Dillon Hall, where it happened to be storming pretty hard outside. There was so much rain that the ceiling actually began to leak water. First, it started off as steady dripping, but as the rain got worse, it became a stream of water that slowly grew as a puddle on the floor.

Our instructor, a complete newbie, didn't know what the hell to do. He asked all of us to move our desks away from the puddle and we continued with the class as if there was nothing wrong. Once he realized that the puddle wasn't going away anytime soon, he turned to the students for advice. I blatantly had to tell him that he should probably call facilities services. He asked what their number was. I looked up the extension for maintenance and gave it to him. He asked what the number for the university was, and I gave it to him. He called maintenance, explained the situation, and we all waited for staff to arrive and solve the issue.

About fifteen minutes later someone from facilities services arrived to inspect the leak. After checking out our classroom, the man went to the very top of Dillon Hall, where access is restricted to staff. We couldn't see what he was doing, of course, but the leak stopped very soon after. Keep in mind that not every room in Dillon Hall is like this. As I'm writing this, I'm sitting in a different room in the same building, and it looks very nice and new, not a spot of water damage to be found.

In the same year, there was a referendum to determine whether or not the Lancers Sport and Recreation Centre would be constructed. The majority of students voted that yes, we would like the centre to be built. In addition to the recreation centre, there is also a new science building currently under construction on campus.

In general, the university gives the impression that expanding the institution with new buildings is more important than maintaining what is already standing. This is understandable since new buildings attract prospective students more. There are, to my knowledge, very rarely any serious concerns relating to maintenance, with some exceptions. During the 2016-2017 academic year, a residence building was completely demolished because of mold damage. That same year, some residents from Alumni Hall were moved into another residence building while their rooms were treated for similar mold damage. These are the most extreme cases I know of.

The biggest issue with the facilities at the University of Windsor is their inconsistency. There are classrooms so different in terms of maintenance that you'd be surprised to find them in the same building. A class with paint peeling off the walls and tiles falling from the ceiling can be right next door to a room that looks brand new. Some buildings seem to be very well maintained overall, while others seem to be left at the wayside.

The strongest aspect of the facilities here is the focus on improving for the future. New buildings are being made to improve the student experience, new lights were recently added along a walking path to make the campus safer, and a new basketball court was recently installed to encourage campus community and recreation. No, the facilities aren't great, and yes there are a lot of issues, but the school is aware of these flaws and has shown that it is dedicated to improving them.

SAFETY

Rating - 4/5

by Selina McCallum

When walking through campus late at night after hours of studying or walking back home from a friend's house, I've never felt unsafe. I am able to walk by myself to my destination around campus without feeling like I need to call for assistance or talk to a friend on the phone. The university is usually a calm and quiet place at night. Overall, the city of Windsor does not have much criminal activity. CBC reported in early 2017 that there were 429 fewer violent incidents in 2016 compared to 2015.

The University of Windsor has many prevention programs and services in place for students to feel safe. For instance, there is the WalkSafe service which allows students to dial 0 from any campus phone between the hours of 7 p.m. and 1 a.m. Monday through Thursday to have a volunteer walk them to their destination. In addition, there is also the Student Bystander Initiative in place to encourage student-participants to see themselves as potential bystanders who could identify, intervene and stop an assault before it happens. There are also services that allow theft prevention for laptops and bikes. More programs and services can be found on the prevention tab on the University of Windsor's campus community police page.

These programs and services are effective because many professors encourage students to partake in the workshops. In two of my previous classes attending a Bystander Initiative workshop would get you an extra 1 percent added to your overall grade for the course. Students are more likely to attend workshops if there is an incentive.

I did a small study on how safe the students at the University of Windsor feel. The participants varied from 2nd year to graduate students and identified as either male or female. More than half surveyed rated the safety in Windsor a 3.5 out of 5. Many expressed that campus police were not very accessible on campus after dark.

Although all of these programs are in place, usually there are no campus police patrolling the area around the university which can make me feel uneasy. It is rarely reported that a student on campus was harassed, assaulted or stalked on campus, but that does not mean that it doesn't happen. If more campus police roamed the area on foot around campus, it would further continue to prevent any incidents from taking place.



Rating - 3.5/5

by Joshua Boucher

Food on campus is kind of like Windsor's mayor, Drew Dilkens: fairly generic, can cause nausea or queasiness, but gets the job done.

The Marketplace, located in the CAW Student Centre, is food capital of UWindsor. This food court has a few different options that I'll break down for you: there is a Chef to U, which the university's website describes as "home style", which is true if your home was a high school cafeteria. The Pizza Pizza in the Marketplace is pretty good when you need to grab a quick bite and don't want to wait in line too long, although they never seem to be able to properly cut your slices. The Subway is just as good as an off-campus Subway. The only problem is that people know this, so the wait times can get pretty lengthy. I don't know anyone who's ever eaten at the Mediterranean Grill, but they presumably have food there. I have been to the Burger Bar once, and although the food tasted relatively decent, I had to wait quite a while before it was made. Booster Juice was recently added, and for the first few weeks, it seemed like everybody and their mother couldn't wait to get their hands on those smoothies. So once again, yes, there were long wait times.

Also in the CAW is the only full-sized Tim Hortons on campus, as every other Tim Hortons is a self-serve station. This Tims has been my personal godsend for those days where I just don't have the energy to make my own breakfast before morning classes. The staff there are fairly regular as well, so after a couple of weeks of seeing my sleepy face, they had my order memorized and would start making it before I got to the cash. In fact, there are a bunch of cashiers who work for food services who manage to be a delight every time I see them. Good people, good times.

On the south end of campus, within the walls of Vanier Hall, you'll find the Crocodile Grill, or "the Croc" as everyone calls it. This restaurant is mostly frequented by residence students since it's in the middle of the residence quad (Alumni residents be damned). The Croc offers a selection of food during the morning and the evening, operating before and after the Marketplace closes (roughly). I'm going to be upfront with you about this: your bowels will fire like a cannon after eating at the Croc. It doesn't matter what item you choose. It will happen. The Croc changes its menu as often as its customers change toilet paper rolls. You try a few different things before deciding on a regular meal. You enjoy it while it lasts, knowing that at any moment it could be snatched away from you forever. Once the inevitable happens, you'll be forced to hold up the line as you scan the new menu with a mix of confusion and disappointment, and each customer standing in line will give you dirty looks for not having an order prepared beforehand. This is the way of things. Also, there is one cashier who I won't name (but I will say her name rhymes with "Lennifer") who is an absolute delight and you should never be mean to her.

Now, I happened to live in residence for my entire time at the university so far, so my knowledge of off-campus food places is limited. But here's what I do know: Green Bean Café is located in the basement of a church that kindly reminds us "God loves students." I've been there three times. Hot chocolate: decent. Panini: good. Third item: forget what I bought because I was doing a reading and was more concerned with stage fright than food. Another one of my favourite places near campus is Sweet Chili Indian Restaurant, which has 1) the most on-the-nose name I've ever heard besides Pizza Pizza, and 2) some pretty bangin' chicken tikka masala. There's also a neat little shop that sells ink and ice cream on Wyandotte, which is run by one of the most pleasant men I've ever met. The Ink Shop offers great ice cream with generously sized scoops, and you can get your ink cartridges refilled there in a pinch - EPICentre, take notes.

The on-campus food services offer you a bit of variety by changing up their menus every so often, and there's a decent amount of chain restaurants so you're not always eating cafeteria food. The biggest issue with the food is the hours. Since 11 PM is the latest anything is open, except for special occasions, you'll need to head off campus if you live in residence and ever get the late night munchies. The good news is that campus is fairly close to restaurants that have late hours, such as a Subway open 24/7 just behind the library and a

Pizza Pizza that delivers until 3:00 AM.

REPUTATION

Rating - 3/5

EDUCATION/ACADEMICS

by *Hani Yassine*

What may be one of the stronger nuances of post-secondary studies is the sense of liberation and independence that comes with it. Technically you're not forced to go to class, even though you should, and you can skip any day whenever you want to, even though you shouldn't. You're technically playing to the beat of your own drum, which can pave the way for an attitude where you couldn't care less about the judgment that comes your way.

Alright, maybe that's not actually the case for many students. After all, it's an admittedly reckless behaviour to keep up and one that could easily lead to unseen consequences, notably that of an affected reputation. It's that R-word which can benefit or denigrate a person's status and can even play a role as to the opportunities received in the future. This doesn't just apply to students, but whole institutions as well.

To an extent, a university has to show concern and even attempt to safeguard its reputation and ranking. After all, if a person is still deciding which school to go to, they will be naturally inclined to go to one that's highly regarded than a place that's spoken poorly of or embroiled in some controversy. In the University of Windsor's case, it carries a mix and match of both the former and the latter. The school has been on the up and up academically, but not without getting into some rather hairy situations along the way.

But for starters, what composes a school's reputation in the first place? One way to determine this and the reasoning behind it is by examining its rankings. It was just a few years ago when UWindsor received underwhelming rankings in the academic sector. But with improved infrastructure for several new programs, from the School of Engineering Innovation to the School of Social Work, as well as strong funding for other programs have seemed to do the place some favours. According to the Ranking Web of Universities, the University of Windsor is ranked 27th in Canada and 686th in the world. In Maclean's Magazine's 2017 National Reputational Rankings, which is surveyed towards the views of administrators, high school councillors and business people, UWindsor found itself ranked 38th. Finally, UniversityHub, a Canadian social networking platform specifically designed as a post-secondary ecosystem listed UWindsor at #1 in the country's 'Rising Stars' ranking, citing the additional funding towards numerous programs behind the reasoning.

In short, the funding and structural improvements have certainly helped the school on paper, and with the upcoming athletic and science centre, this trend could very well continue. All the same, it does not provide a full representation as to just how reputable the school is in every aspect. While the ranks are provided and determined by more systematic standards, it does not and can never speak to the school's cultural or social climate, nor do they account for the unique set of circumstances students could find themselves in. A potential student may be less concerned with where a school's ranking lies and more concerned with word of mouth, a direct testimonial and account of one's experience. The views, in this case, pave the way for something considerably more dynamic and complicated, and with these complications there lies a clear set of benefits and detriments.

STUDENT UNIONS

Ashley Quinton

The reputation of the University of Windsor may be rising according to some measures but the University of Windsor's Students' Association appears to have missed the memo.

To start off, let me declare my bias. I am a member of the Graduate Student Society and I thoroughly enjoy going to school here. If I did not enjoy studying here, I probably would not have done my undergrad and be completing my grad studies at Windsor. I think this school is wonderful for a variety of reasons.

However, outsiders do not always think highly of the city or the university. You may recall that Stephen Colbert referred to Windsor as the "Earth's rectum." Thank goodness, he has moved on to bigger and um, - well maybe the rest of the saying is not applicable here.

As for the reputation of the 'U', it does not help that the University of Windsor Students' Alliance seems perpetually mired in controversy either. I will not bother recalling the long, sad history of the UWSA's past few years of mismanagement; rather, I will focus on the events that took place toward the end of last semester and throughout the summer. These events will outline the general appeal of, or lack thereof, the alliance's reputation.

This is a difficult situation to describe, mainly because I'm not really sure anyone is clear about what exactly happened during the last election – but let me give you the Coles Notes summary.

On February 16th, the unofficial results of the UWSA election were announced. Moussa Hamadani was elected President but his tenure ended more rapidly than Scaramucci's brief stint as Trump's Communication Director. I bet Moussa was hoping he would "last longer than a carton milk" like 'The Mooch' did.

Several complaints and appeals were made about the election of two positions, President and Student Services (the complaints remain confidential). The UWSA board passed a motion to hire outside legal counsel to work with the election committee to investigate the proceedings.

Based on the findings of the legal counsel, the Board and the Elections Committee came to the conclusion it was in the UWSA's best interest to make runner-up Larissa Howlett as President. Howlett was then fired with growing frustration as the behind-the-scenes power struggles continued unabated.

Students remain in the dark.

This situation is a *little* less embarrassing than being dismantled but needless to say the reputation of the UWSA is not getting any better. And it comes after the 2014 debacle over the so-called Boycott, Divest and Sanctions referendum and the 'none of the above' campaign that year rejecting the status quo.

These negative stories overshadow all the hard work by individuals and progress the association made last year. Is it too late to salvage the UWSA's reputation? Not necessarily. A start would be to hire a strong, experienced returning officer and let that person do their job without interference. Most importantly, a professional executive that runs meetings according to proper rules of order and shows leadership is desperately needed. Unfortunately for the past few years, those two qualities have been lacking among the UWSA executive.

SUMMARY & RESULTS

It's completely fair to say the overall quality of student life at the University of Windsor is average. However, this is a collective opinion of only a handful of students. What are your thoughts? Are you willing to participate in a collaborative process with the administration and student unions to achieve "promise" for all?

Tags:



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SHINING THE LIGHT ON PAY EQUITY

Shining the Light on Pay Equity

Is there gender equality among UWindsor faculty when it comes to salary? Do male professors make more money overall than female profs do? Are there faculties where there is a significant gender

imbalance when it comes to pay?

If so, why is this?

These are some of the questions The Lance asked when the Sunshine List, the disclosure of salaries paid under provincially governed institutions like the University of Windsor, came out.

Gender Statistics in UWindsor Sunshine Professors

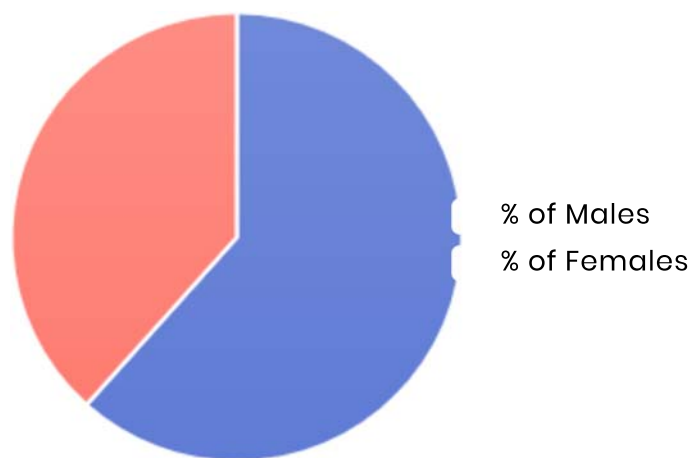
the average male salary on the sunshine list

\$153,815.82

the average female salary on the sunshine list

\$142,525.49

Profs on Sunshine List



Overall, men represent 61.36% of the faculty on the Sunshine List compared to women reaching 38.64% or in other terms, 243 men compared to 153 women.

Below is how we approached the data.

Here is our methodology:

- We did not include all faculty at the University of Windsor, the data only includes professors on the Sunshine List
- We determined the gender of professors on the Sunshine List by searching the University of Windsor's faculty directory
- We categorized gender in terms of female and male faculty members
- We then graphed the salaries of professor according to this methodology considering both the amount of males and females within ranges (bar) and percent of males and females within the faculty (pie)

Faculty Breakdowns: Male vs. Female Salary

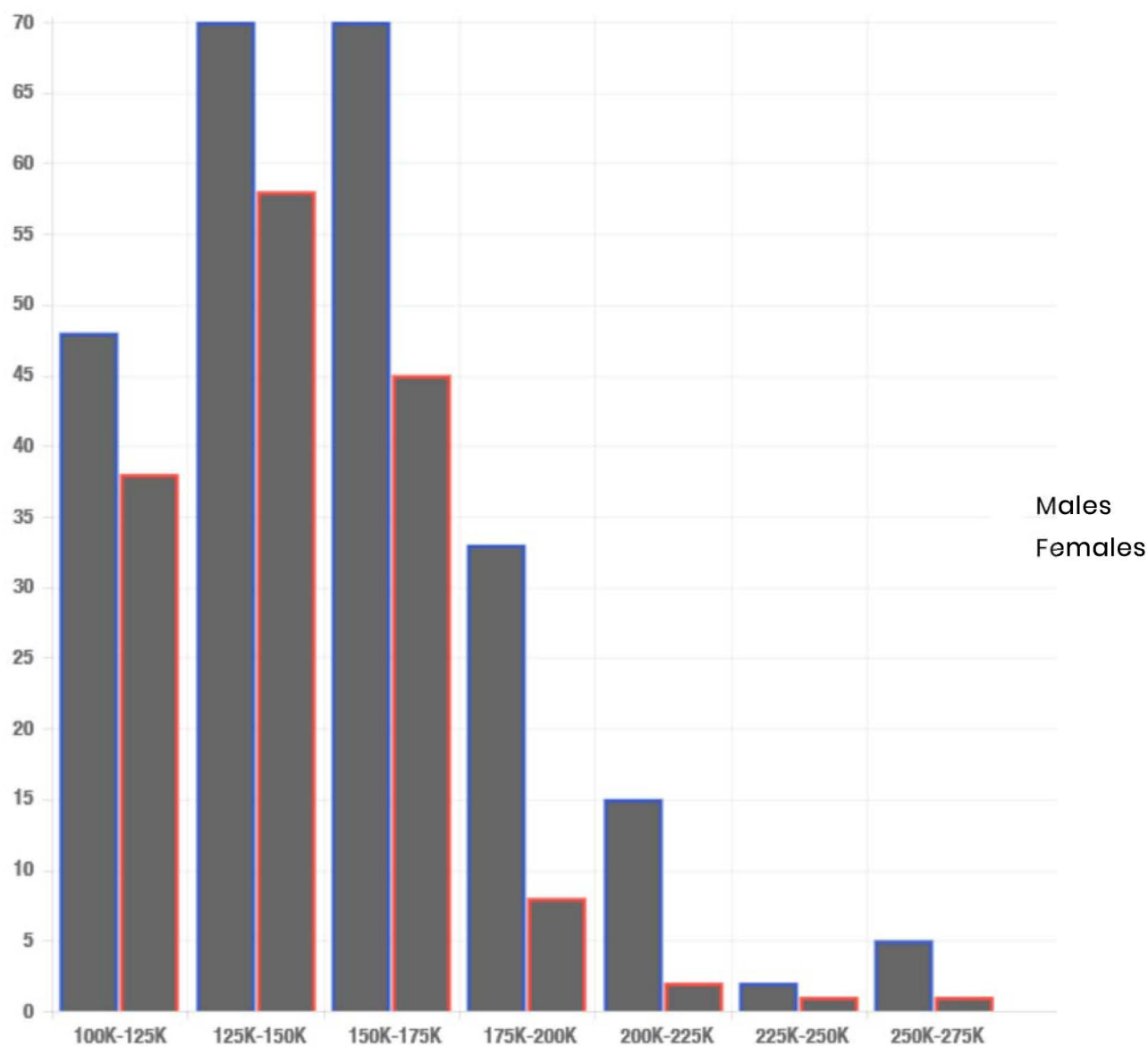
Our findings are mitigated by the following considerations:

- A professor may hold an administration title that is not accompanied by a faculty position and may therefore appear on the Sunshine List
- We have removed full-time administration; however, we have attempted to incorporate

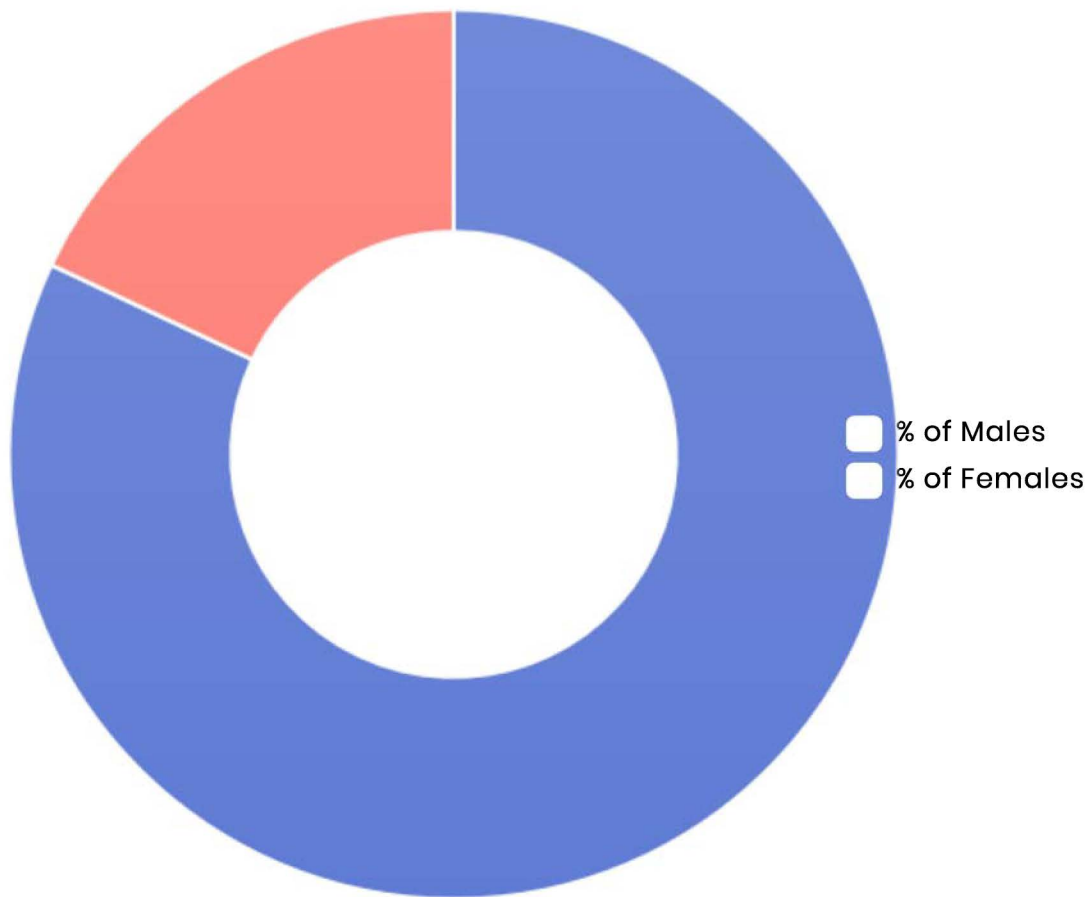
professors that have dual roles (i.e. the chair of a program)

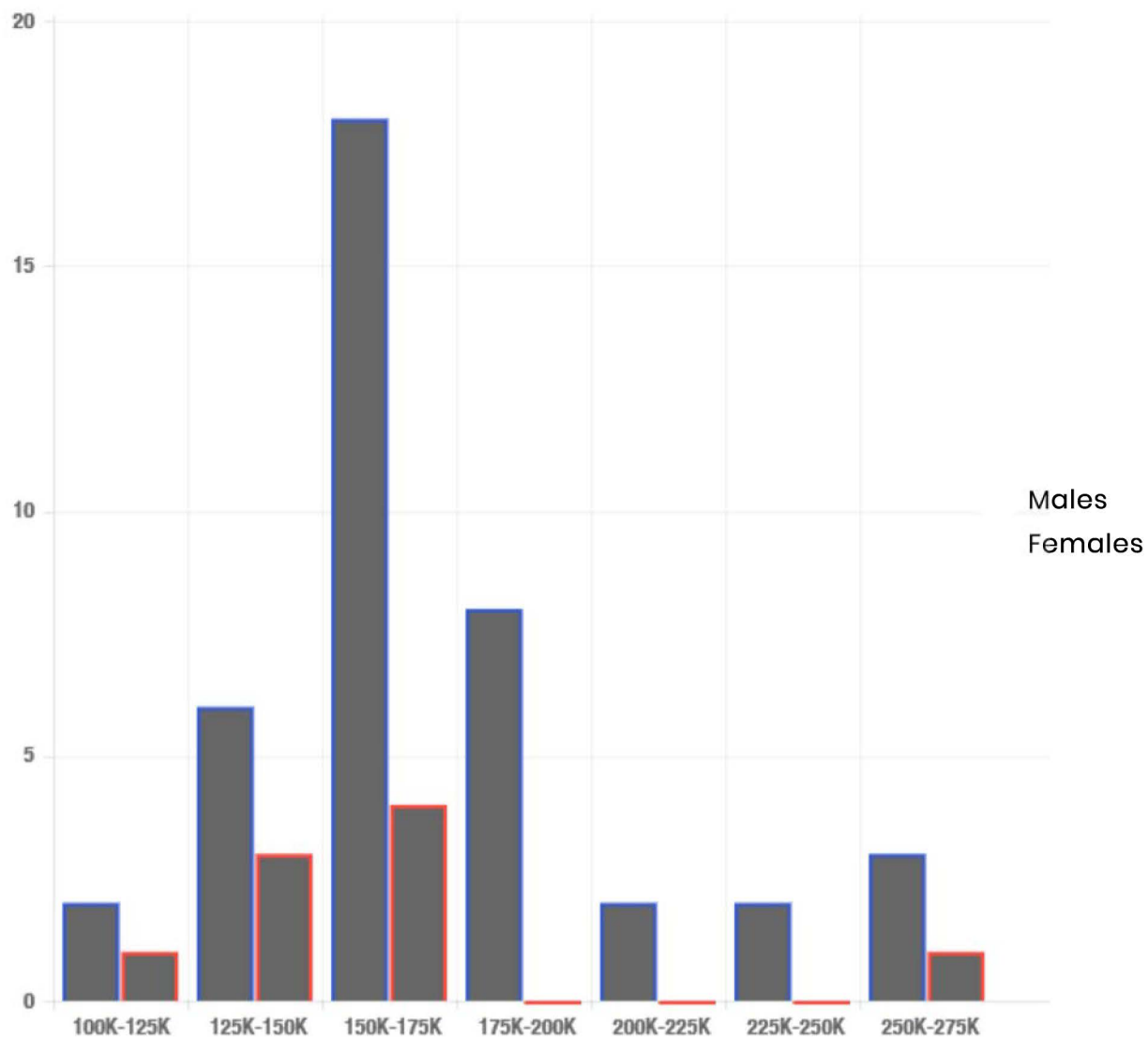
- Some of the fields portrayed in these charts may reflect inherent gender disparity in the industry rather than in the institution itself
- We would like to make mention we were unable to reach out to all faculty regarding how they would prefer to be identified

All Academic Faculties



– Engineering





+ **Nursing**

+ **Human Kinetics**

+ **Sciences**

+ **Law**

+ **Business**

+ **Computer Science**

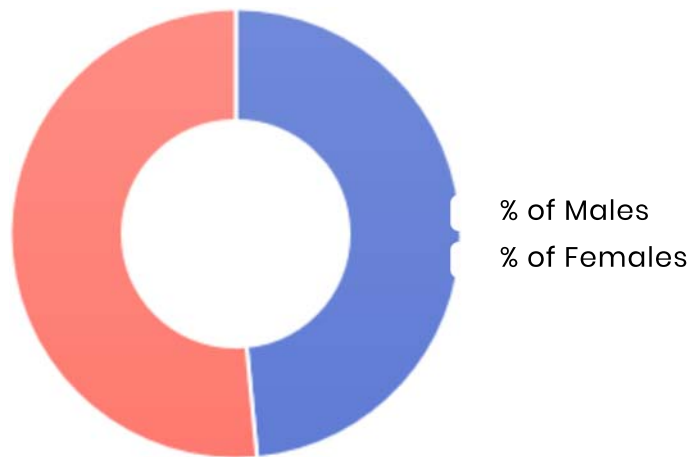
+ **Social Work**

+ **Math**

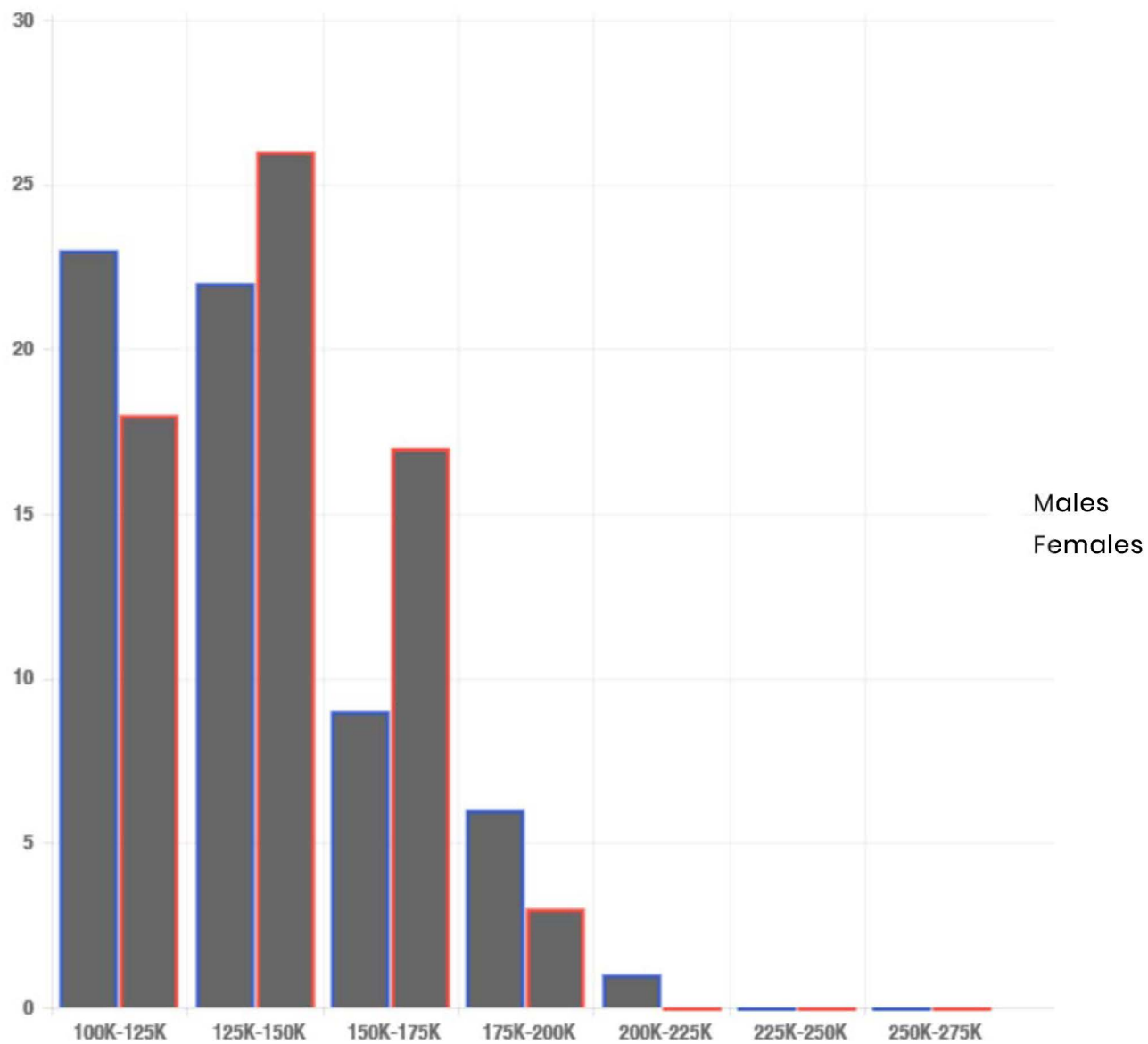
+ **Education**

FAHSS Breakdowns: Male vs. Female Salary

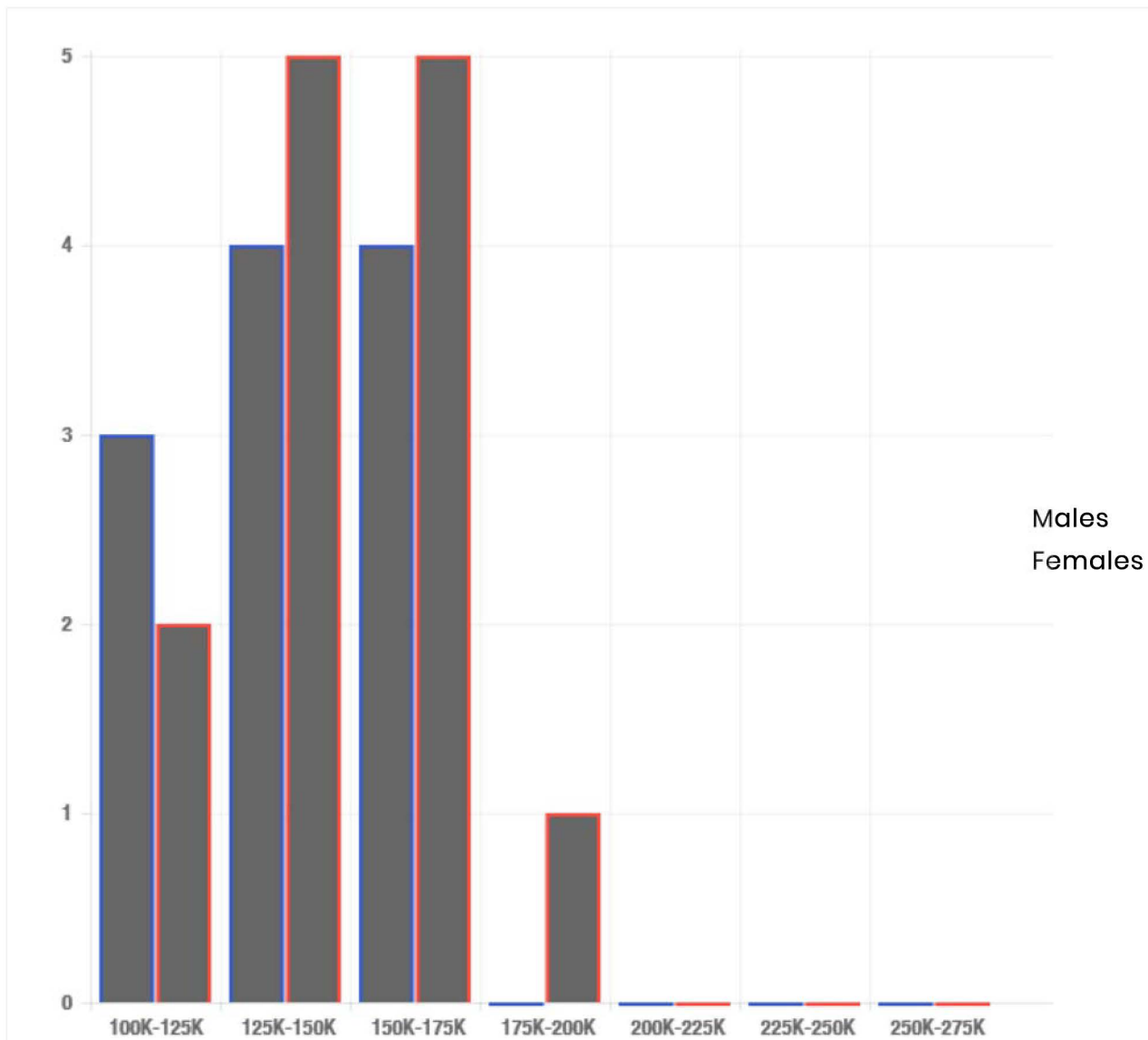
FAHSS is been broken down by department, as it is home to many faculties.



All FAHSS Departments



– Psychology



+ **Soc/Anthro/Crim**

+ **Political Science**

+ **SOCA**

+ **CMF**

+ **English**

+ **Language**

+ Philosophy

+ History

Conclusion

The Lance did not find any overwhelming pay discrepancies on the University of Windsor's Sunshine List as a whole. However, there are some notable faculties to make mention of.

The **Engineering** faculty has the highest amount of men compared to women in their faculty, who are on the Sunshine List, with 82% of them being men and 18% women. However, it is important to note that one of the highest paid professors on the Sunshine List is Dr. Hoda ElMaraghy, an engineering professor who was hired at the university in 1994 as the first woman to become Dean of Engineering in Canada.

The **Business** faculty comes second to the largest gap between women and men, with 79.7% of men in the department making the Sunshine List with only 20.3% being female.

The **Nursing** faculty employs more women in comparison to men who fall on the Sunshine List, with 18.75% of men compared to 81.25% were female.

The **Law** faculty appears to be the most balanced in terms of gender equity within the data provided on the Sunshine Lists, with a 50-50 split.

Faculty of **Arts, Humanities** and **Social Sciences** is a close second to a balanced gender representation on the Sunshine list with 48.8% men and 51.2% women.

Ads!



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OPINION

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